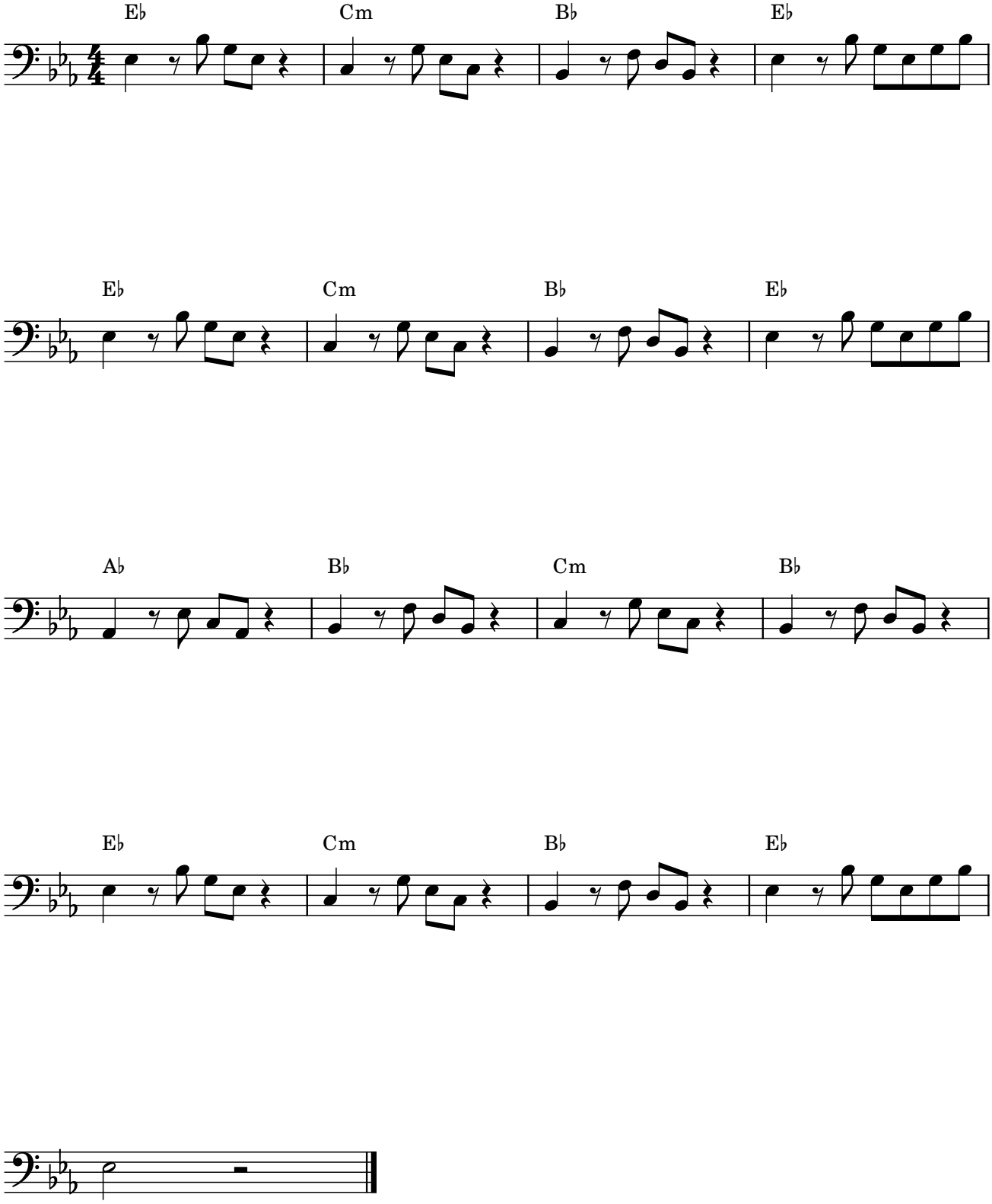BMZ Hármashangzat 7