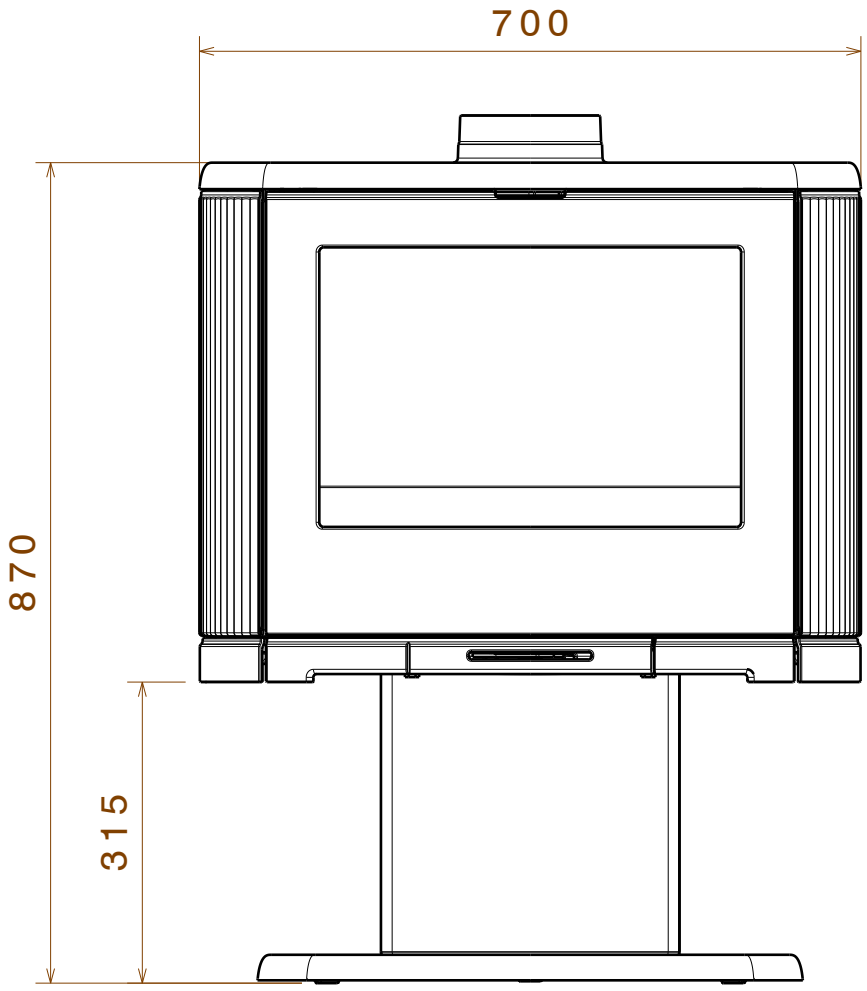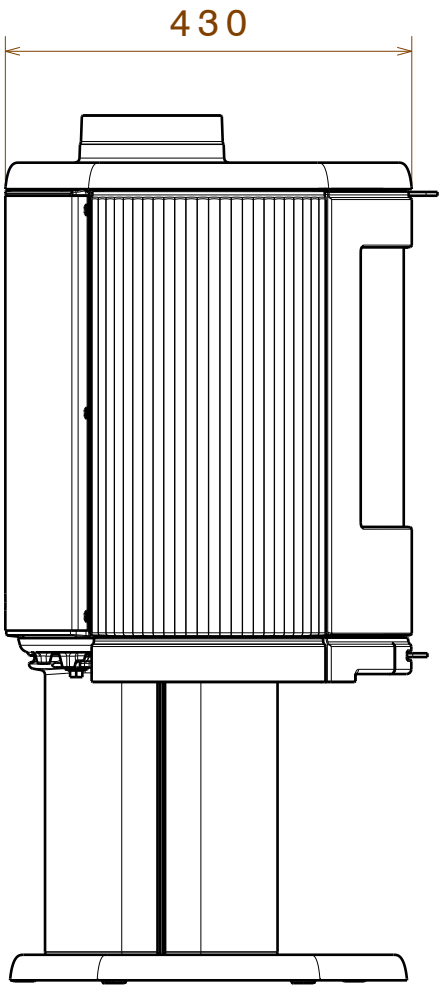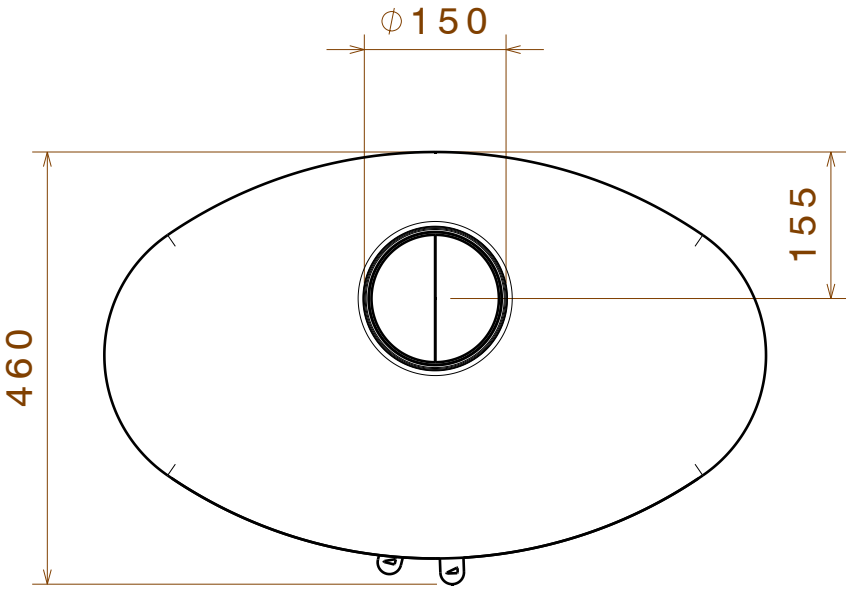BOW SOKKEL