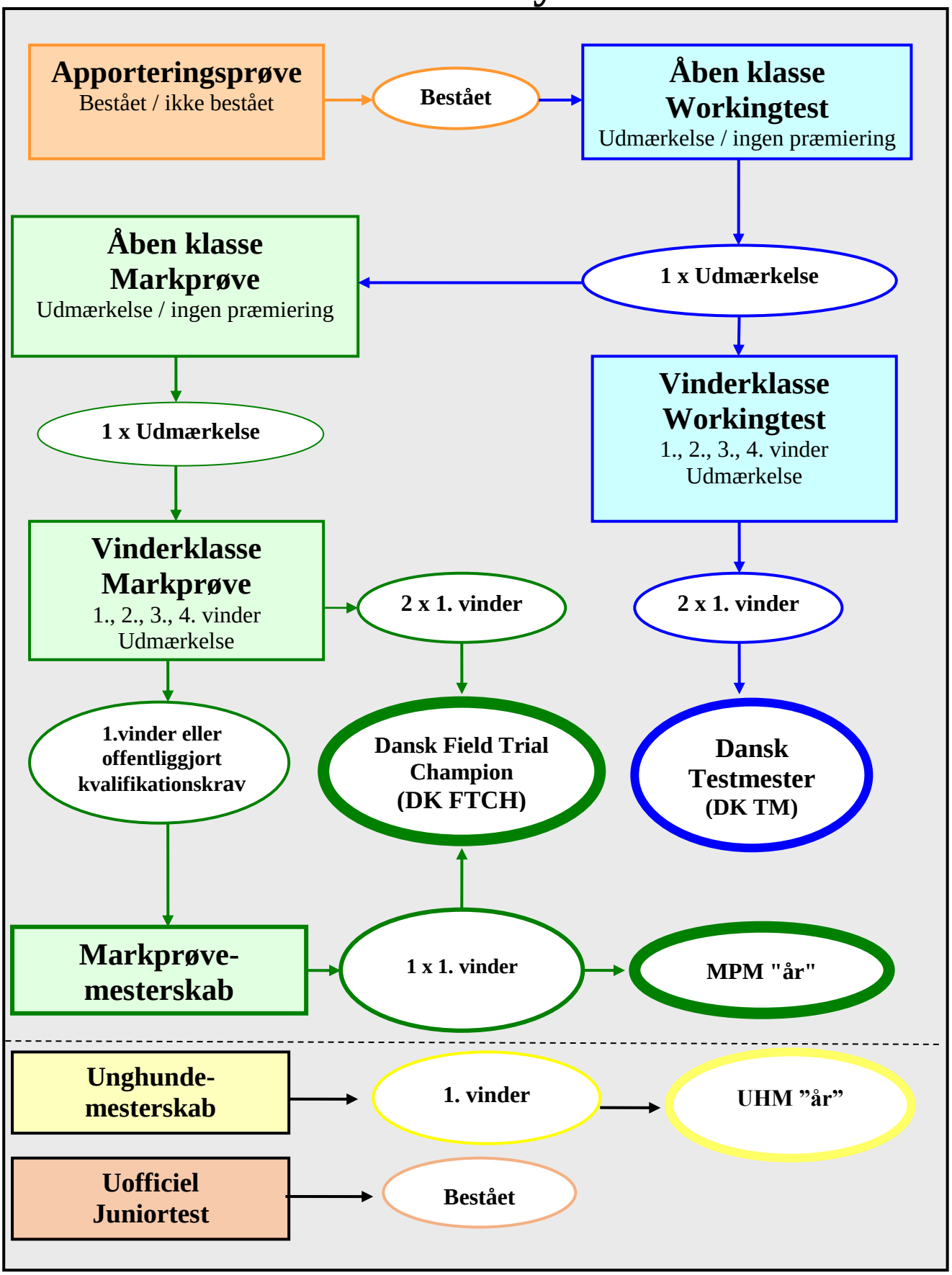RJK Prøvesystem