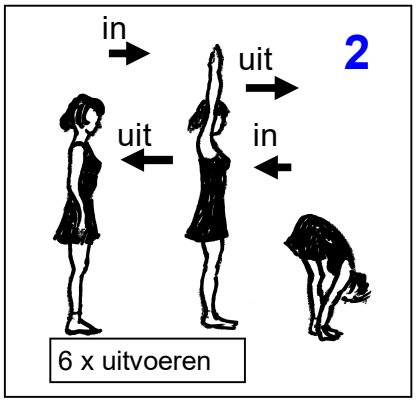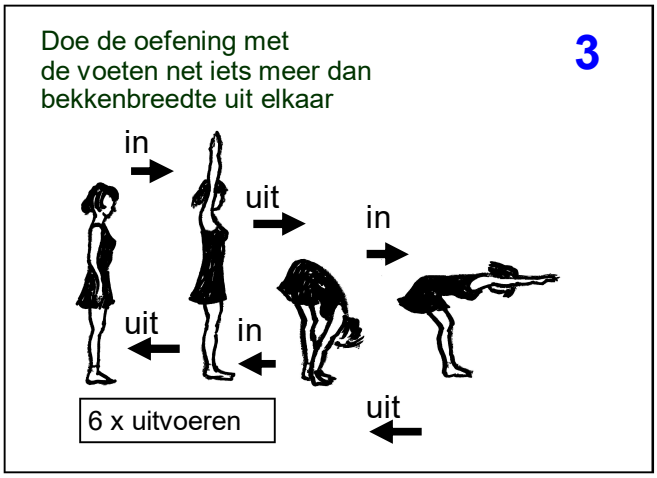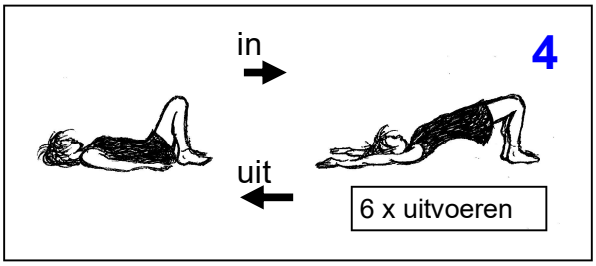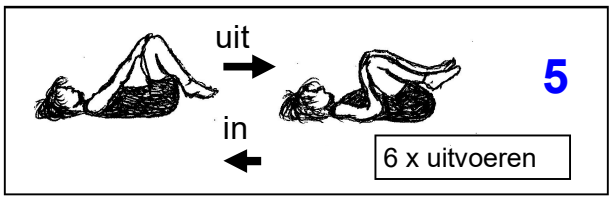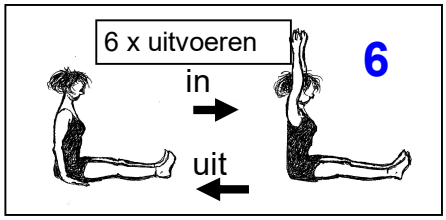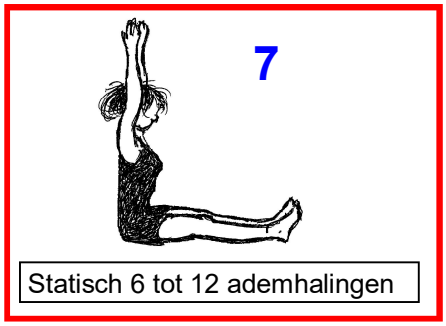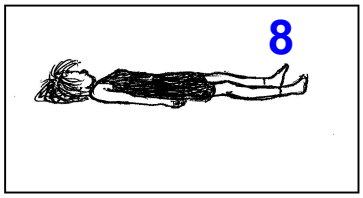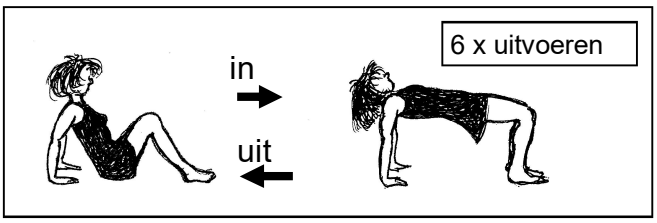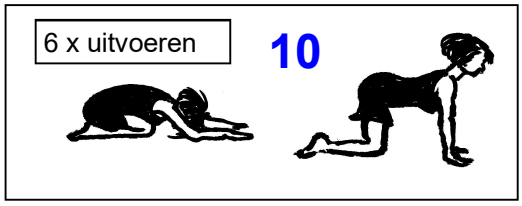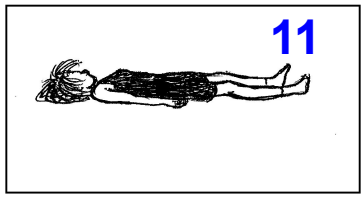Reeks van 45 min
naar dandasan