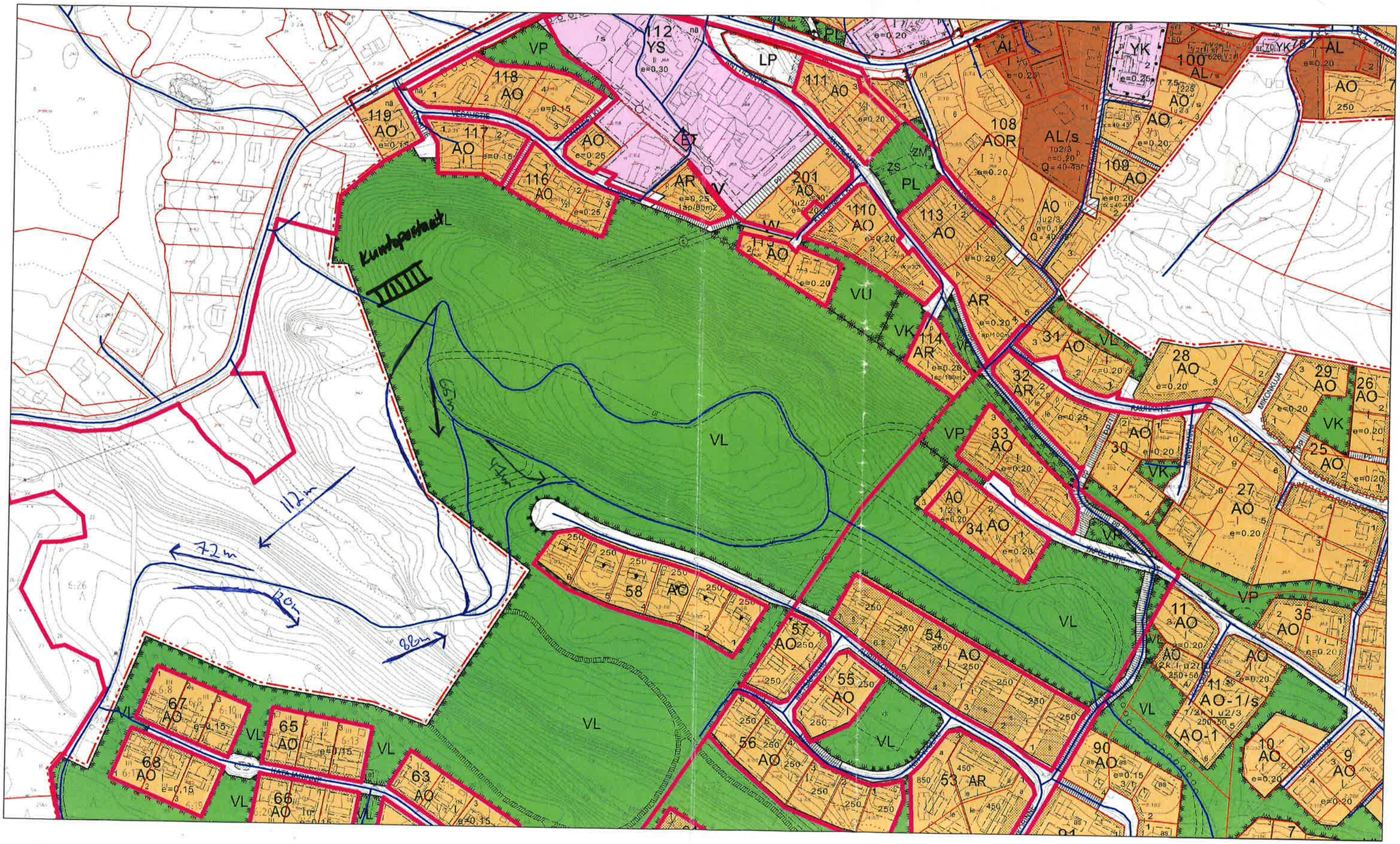Mittakaava 1:3000