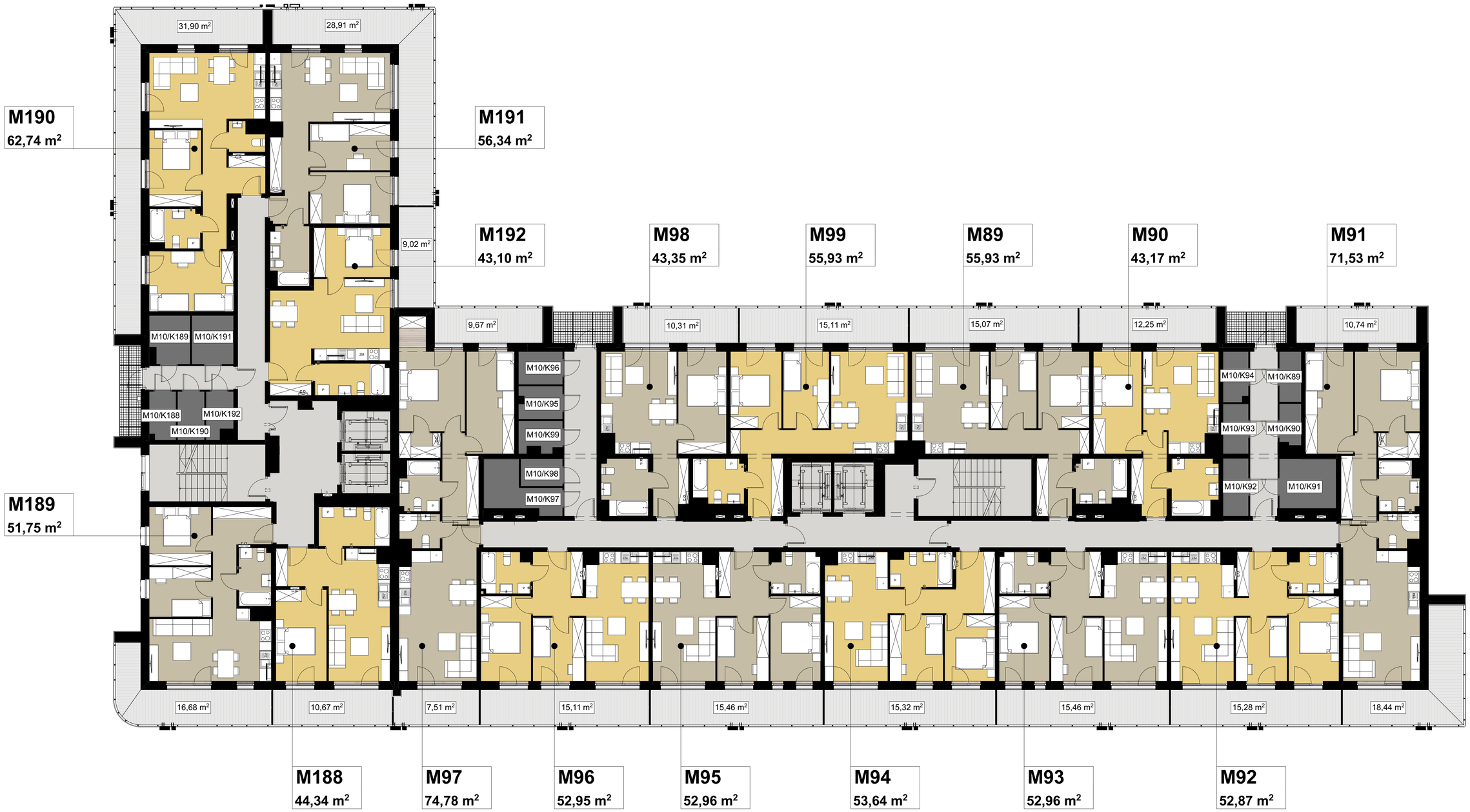Rzut kondygnacji M10