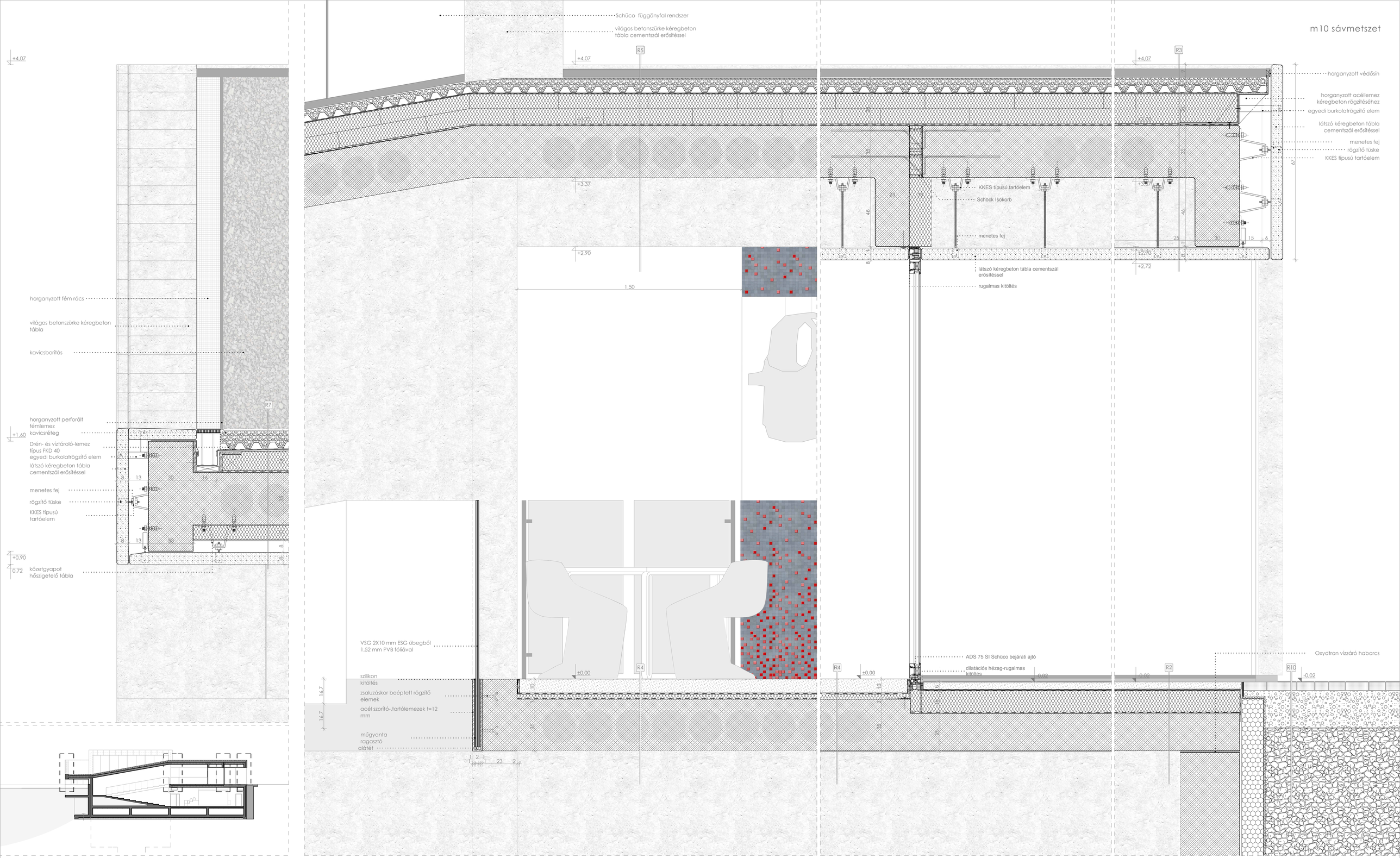m10 sávmetszet