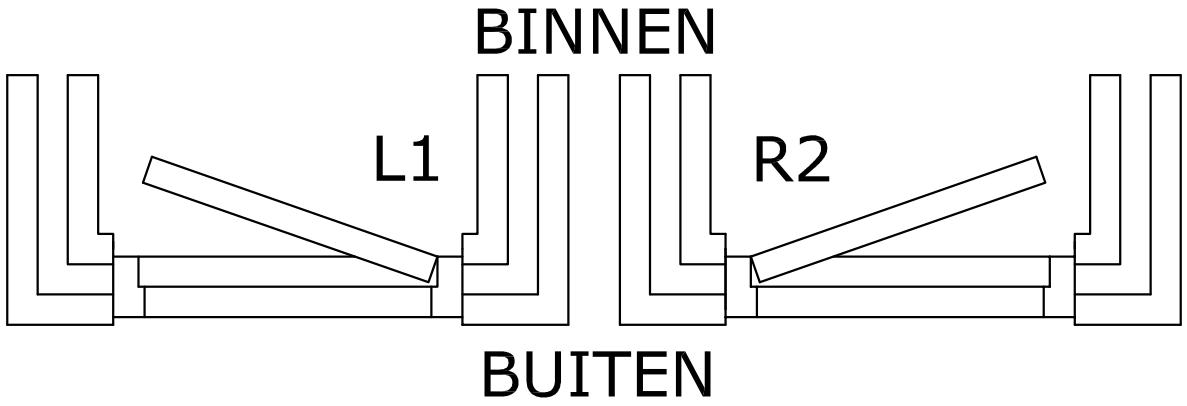Binnensponning / naar binnendraaiend