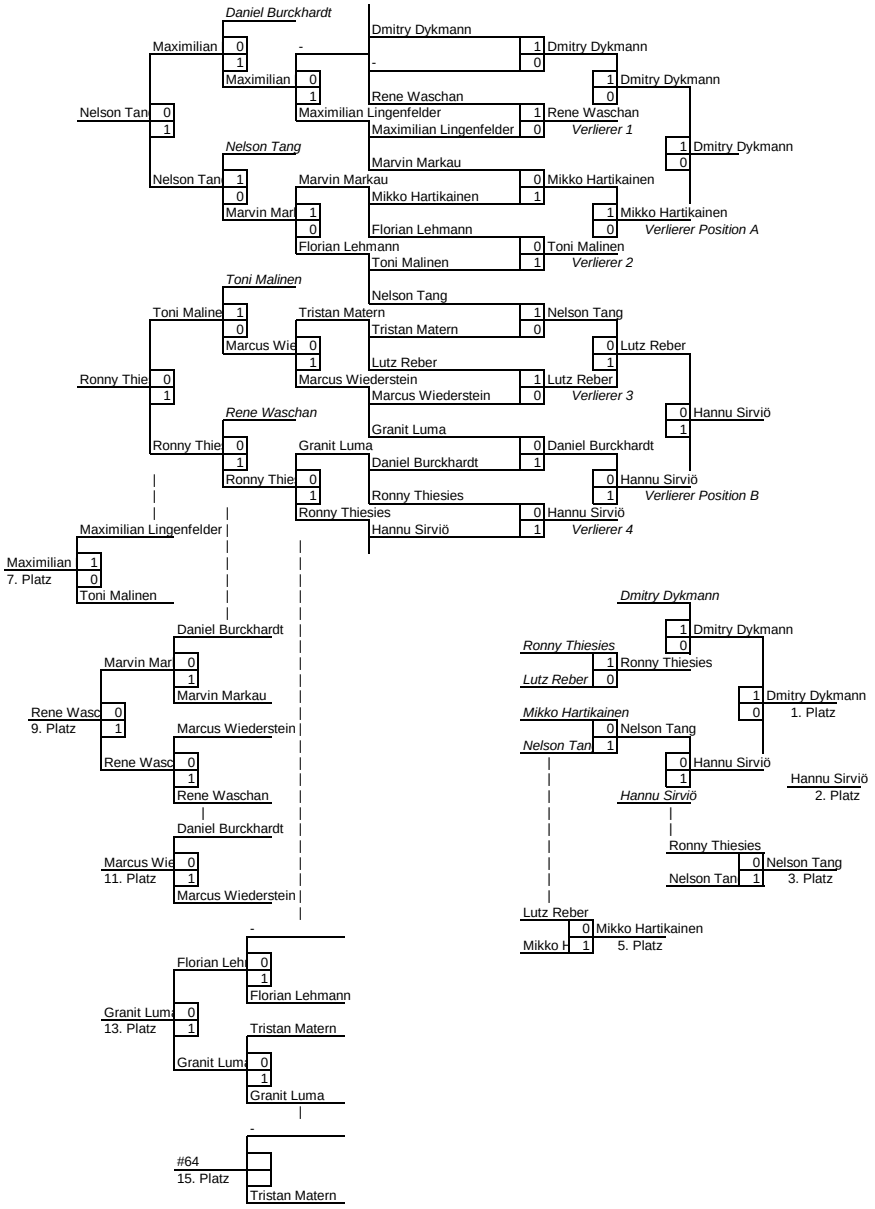Disziplin HE-C