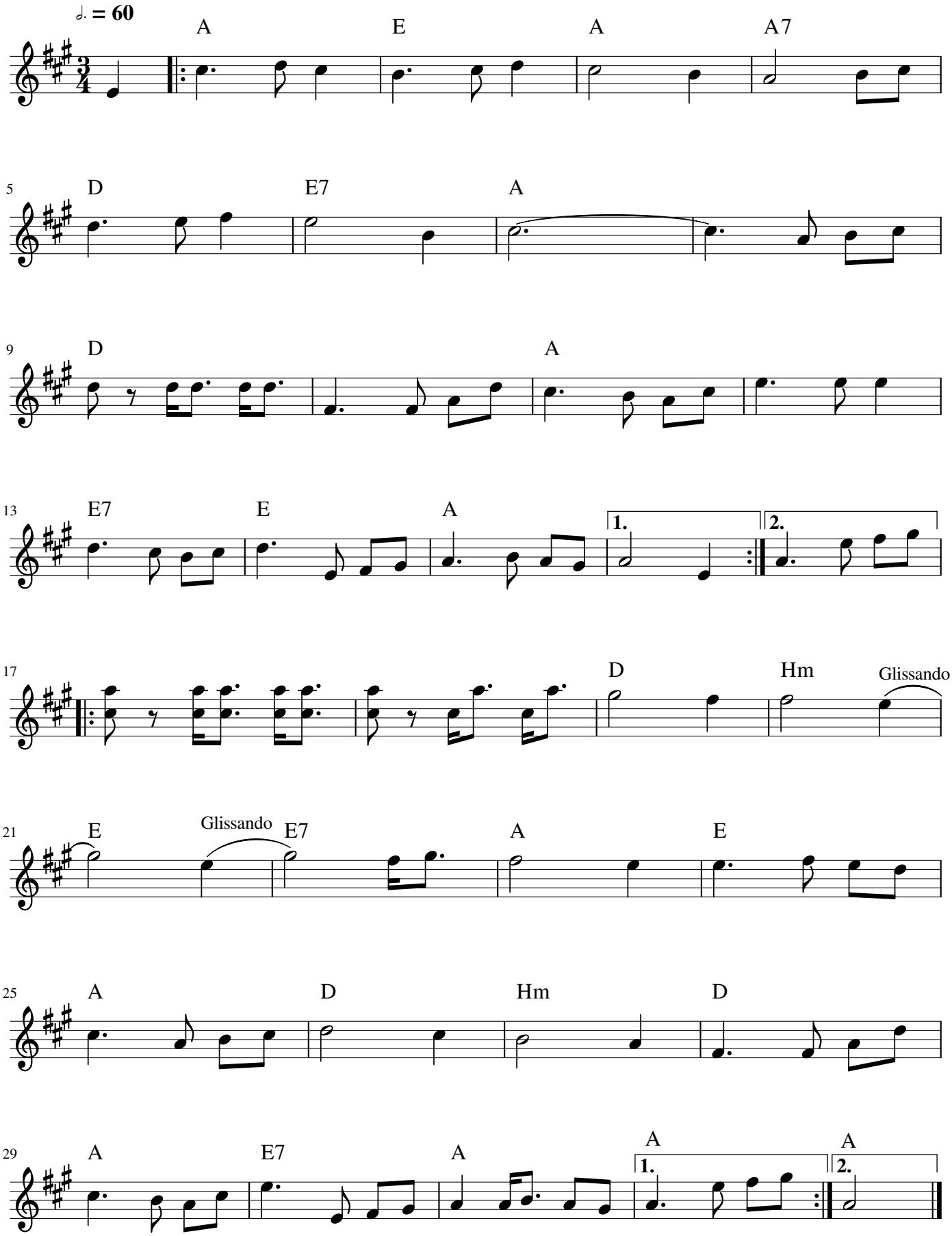Vals fra Rørås