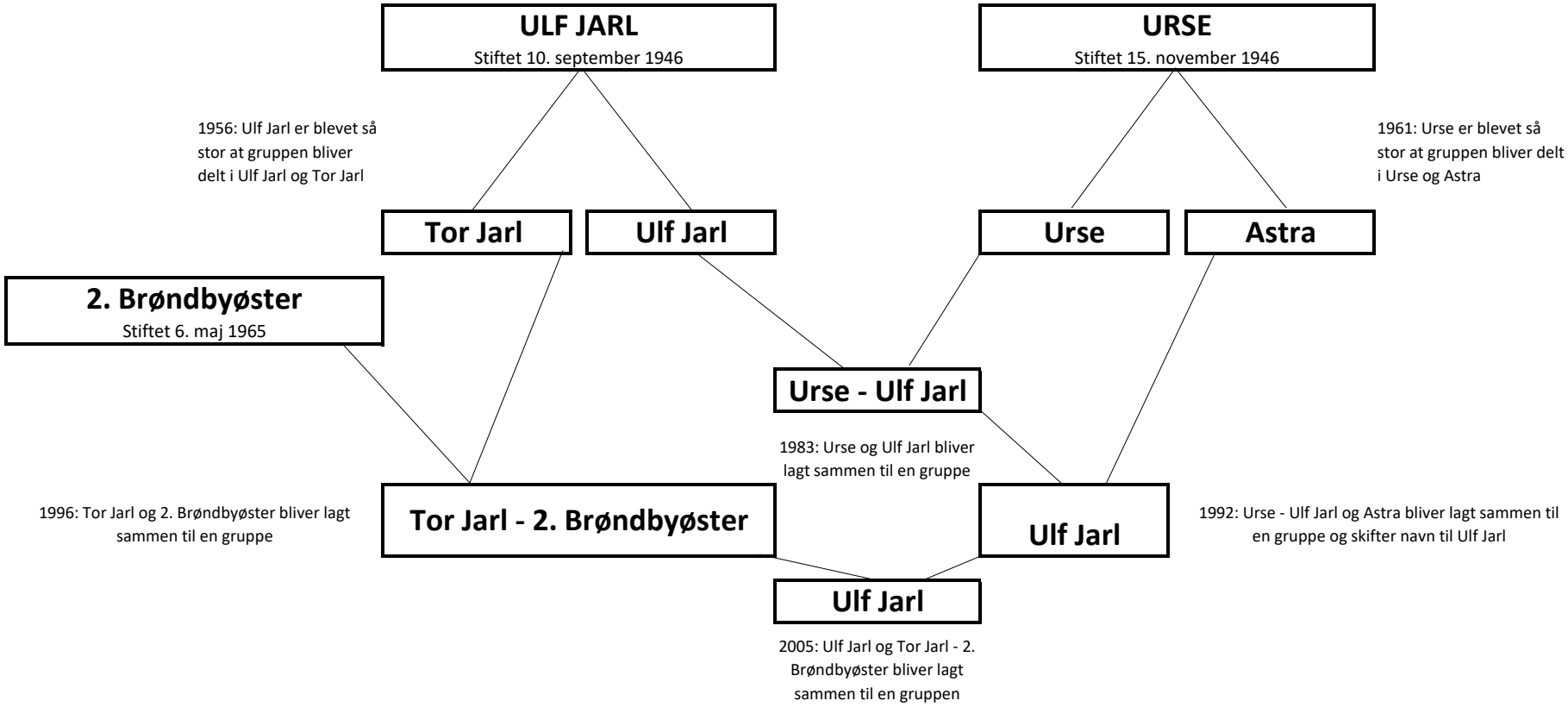Grupperne i Ulf Jarl