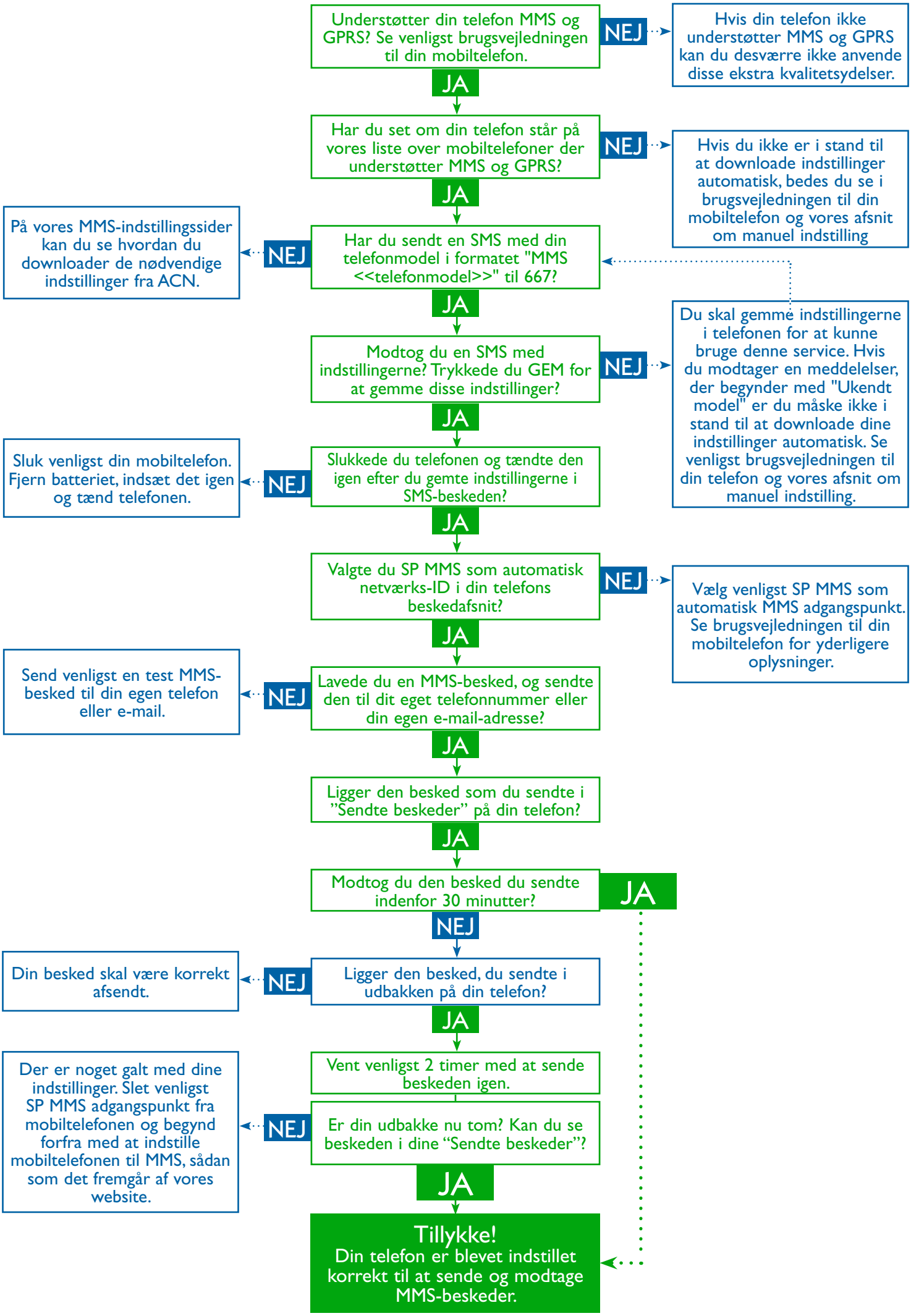MMS PROBLEMLØSNINGS-GUIDE