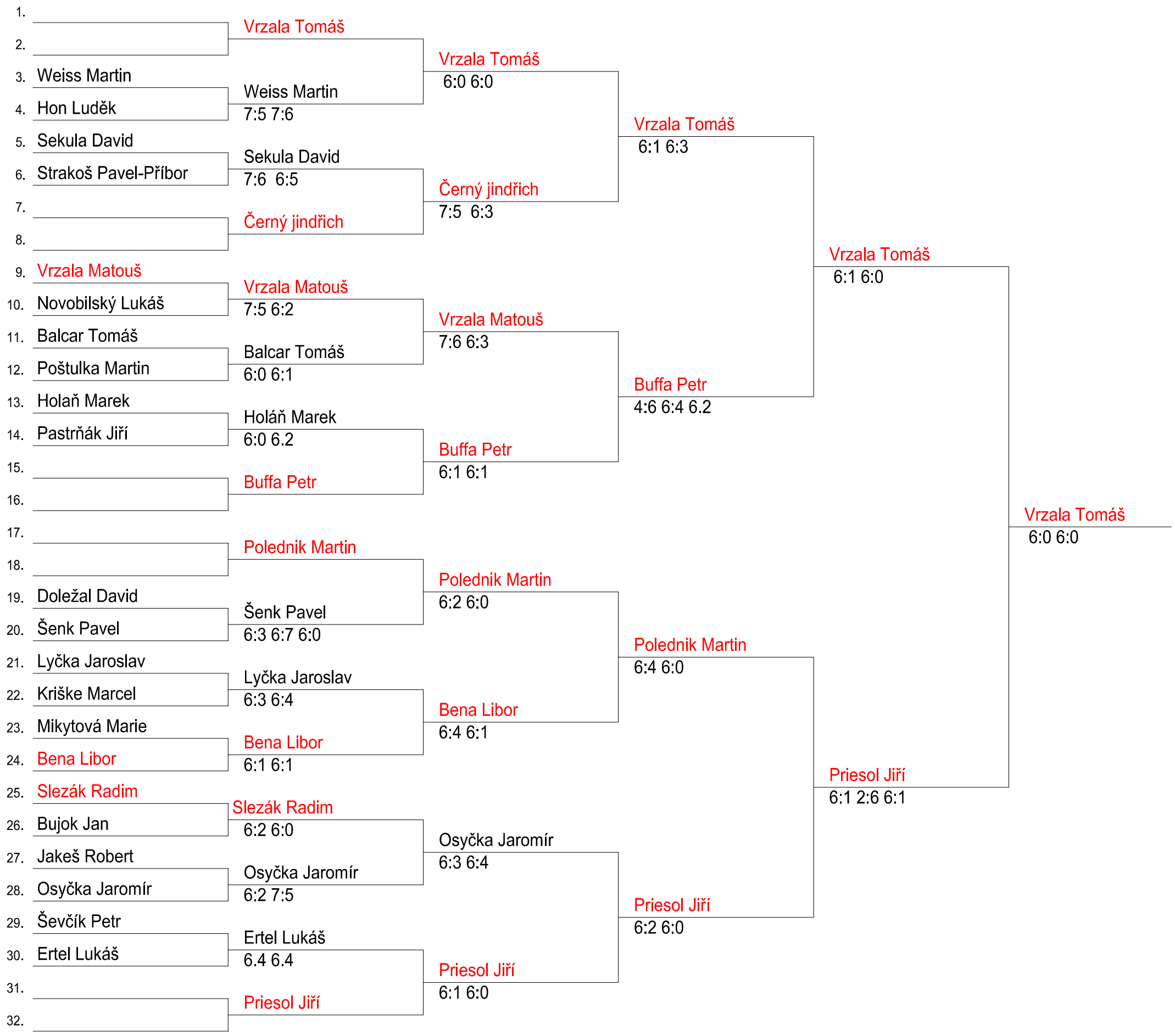MUŽI I. do 45let