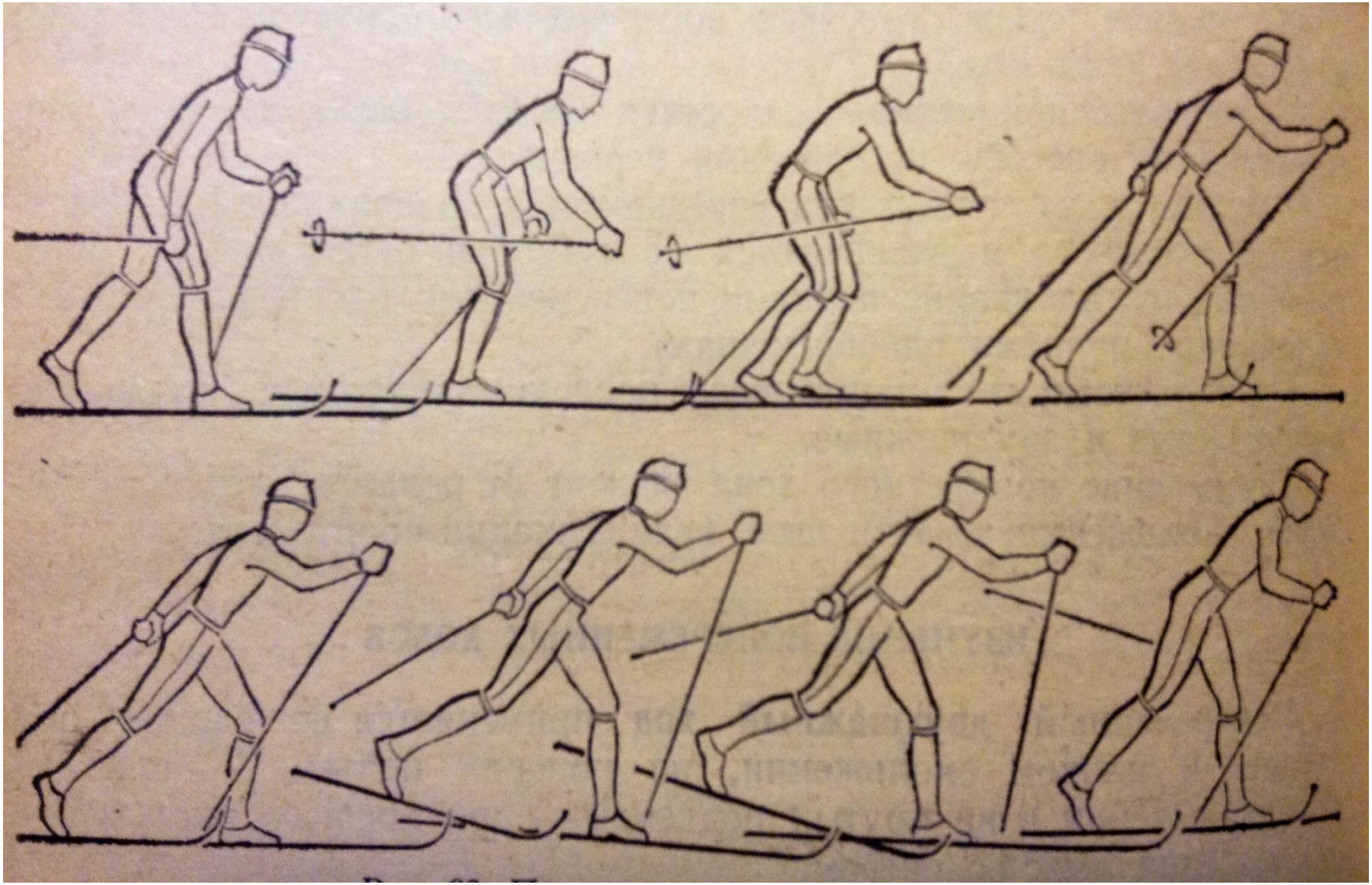ПОПЕРЕМЕННЫЙ ДВУХШАЖНЫЙ ХОД