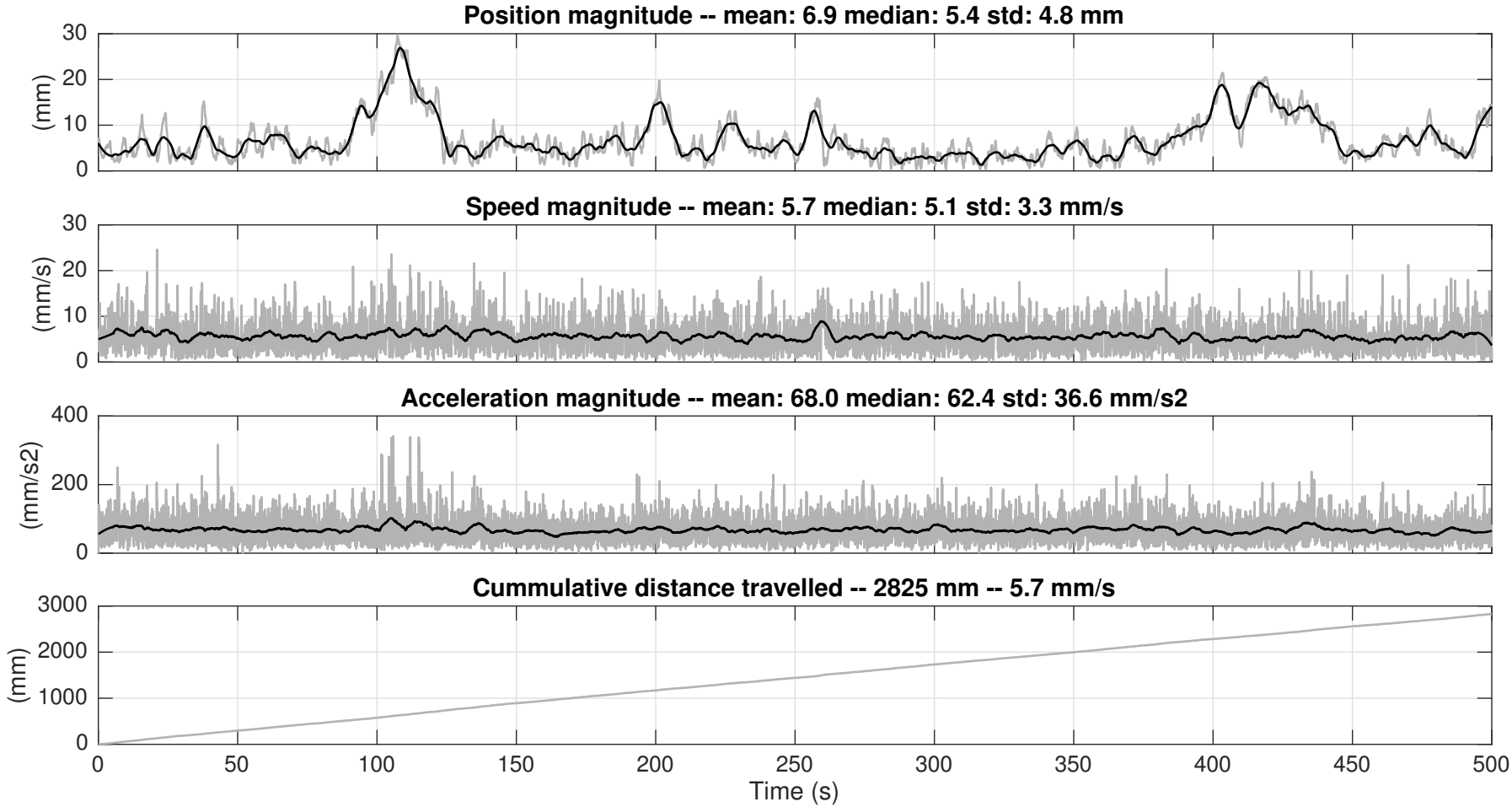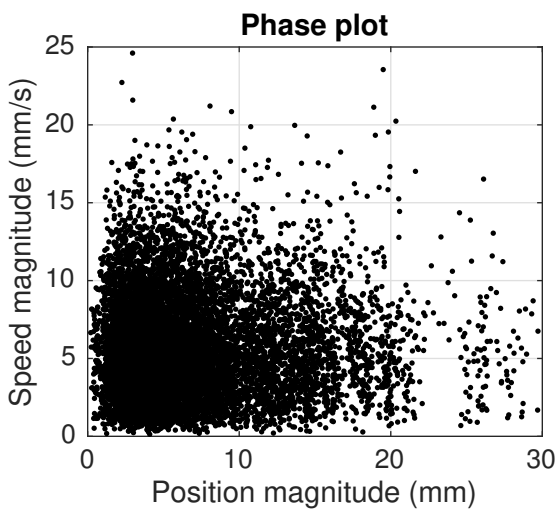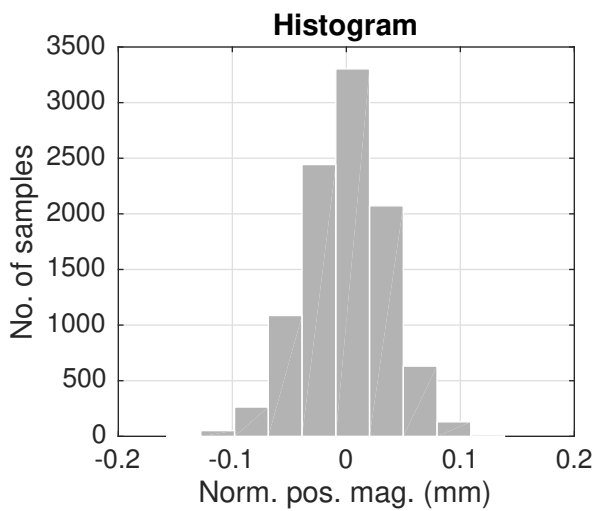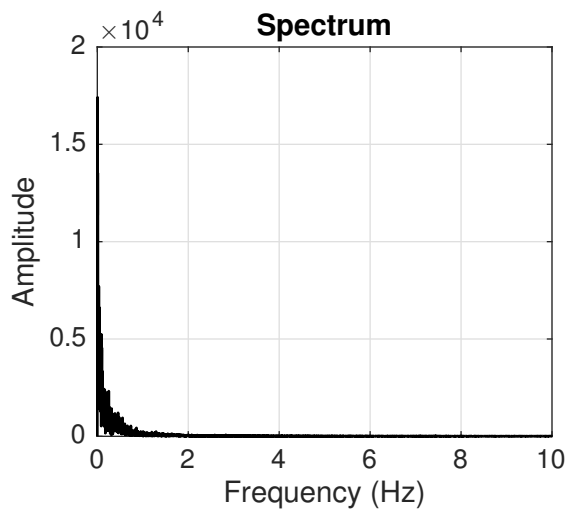NM i stillstand, UiO 2018 -- www.fourMs.uio.no -- Marker: L11-- Frequency: 20 Hz