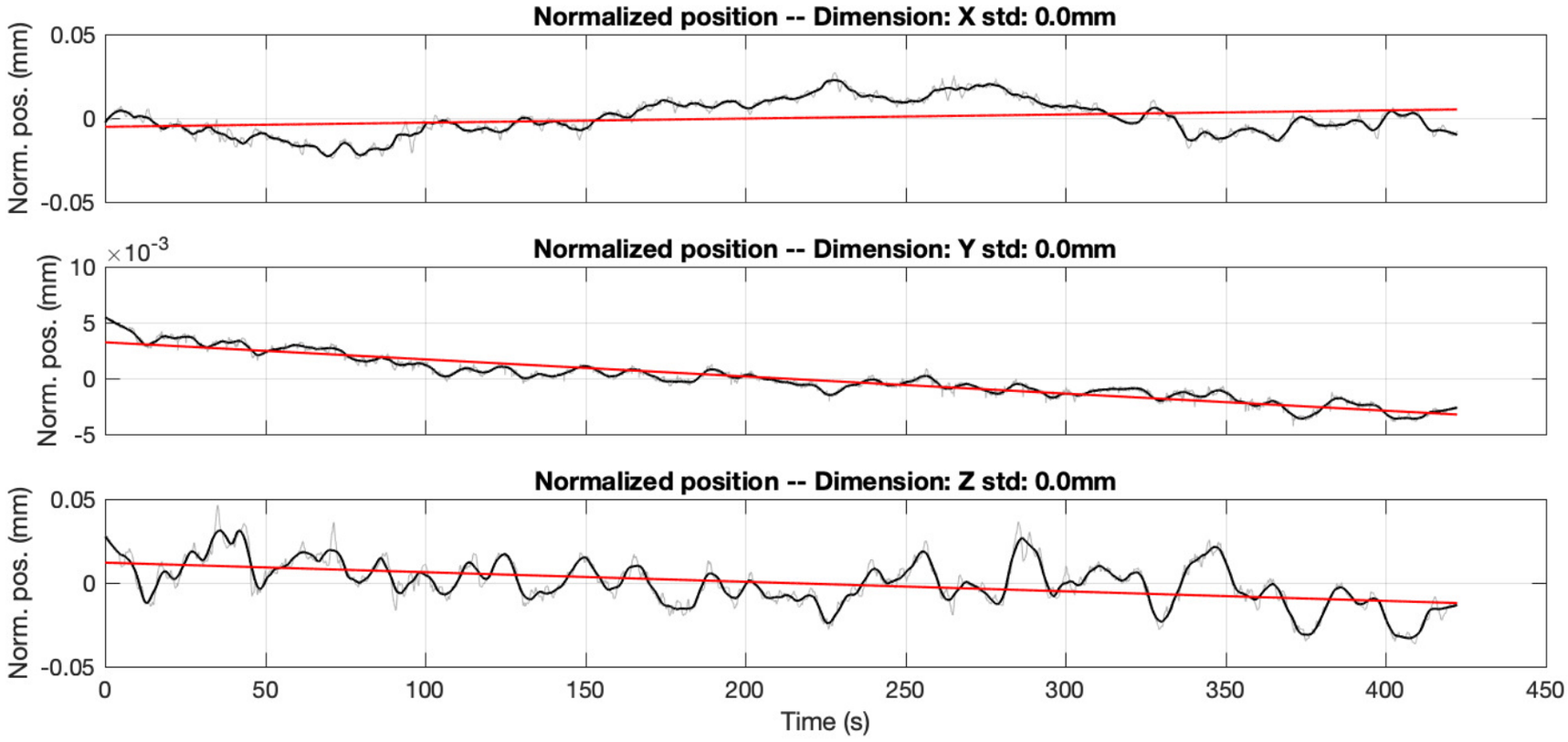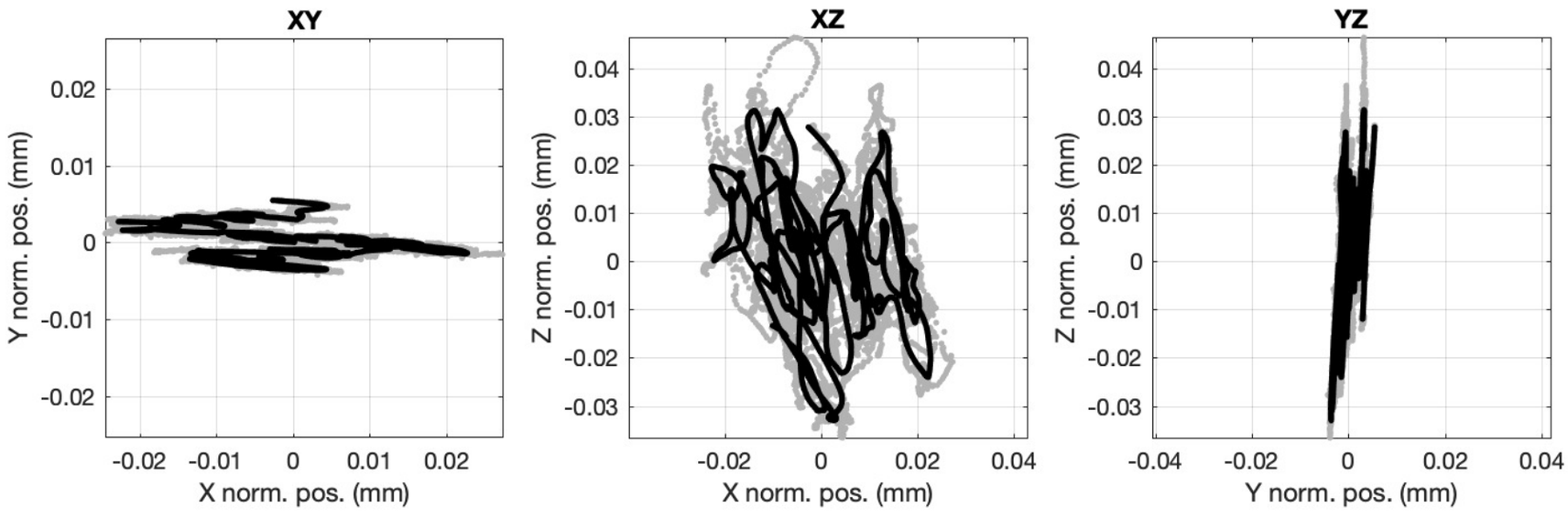NM i stillstand, UiO-NTNU 2019 -- www.fourMs.uio.no -- Marker: StandStill:P4-- Frequency: 20Hz