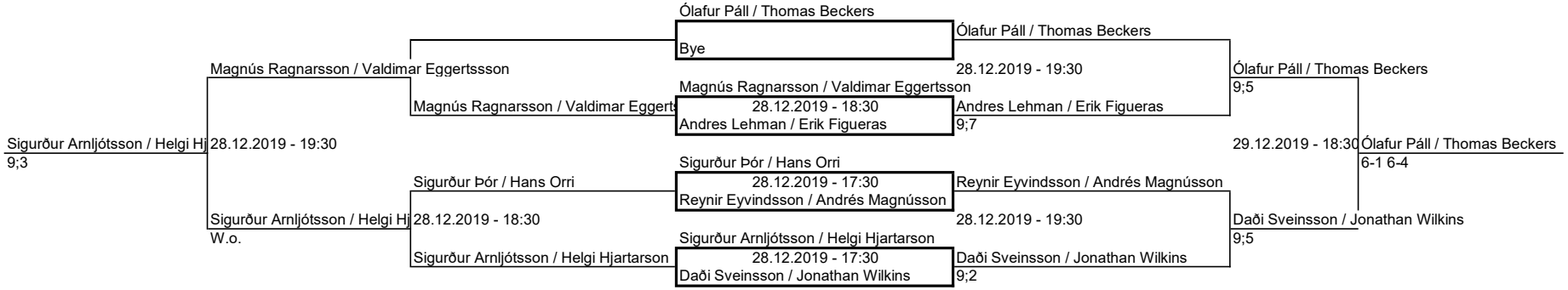30+ Tvíliðaflokkur Karla