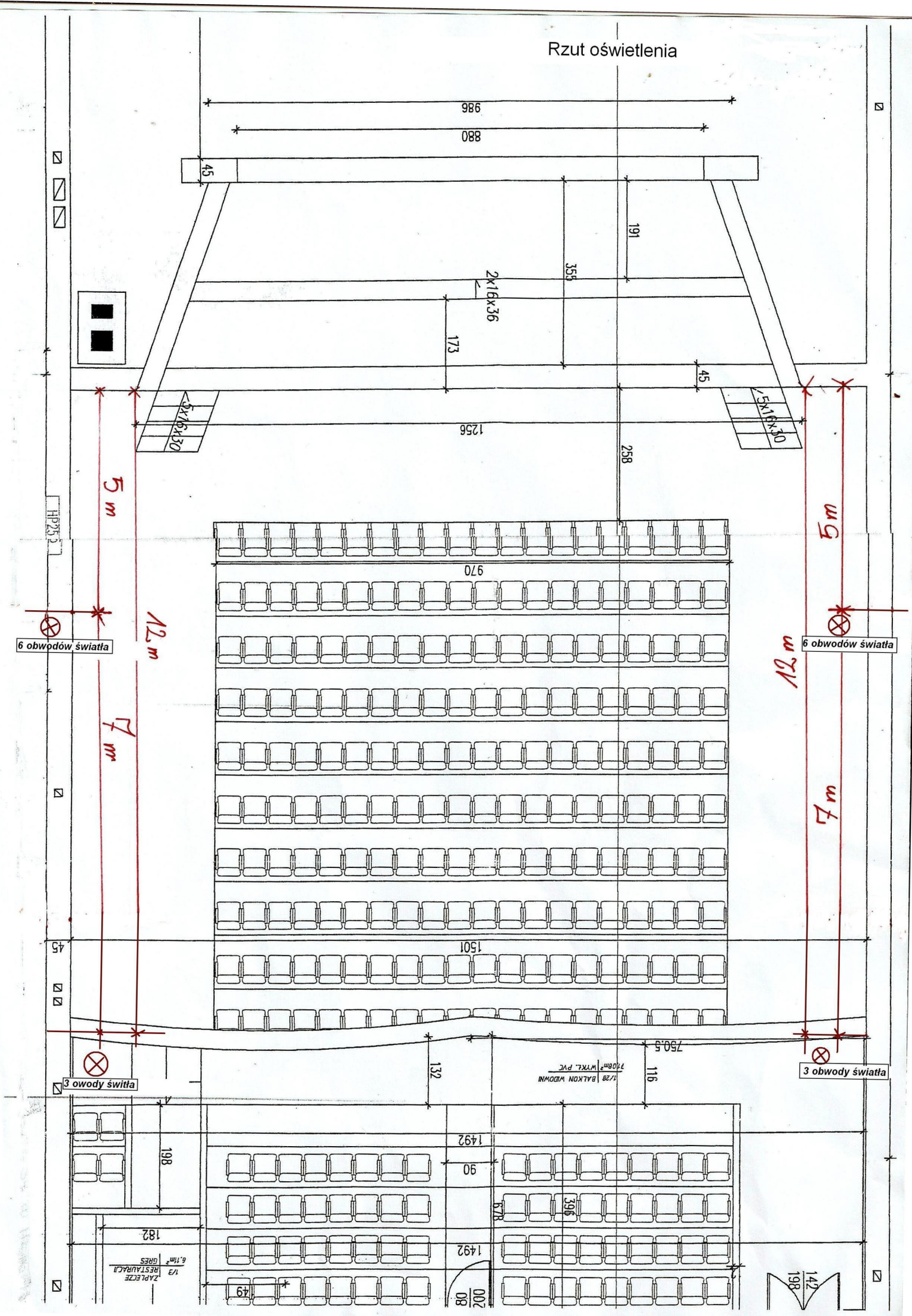Rzut oświetlenia