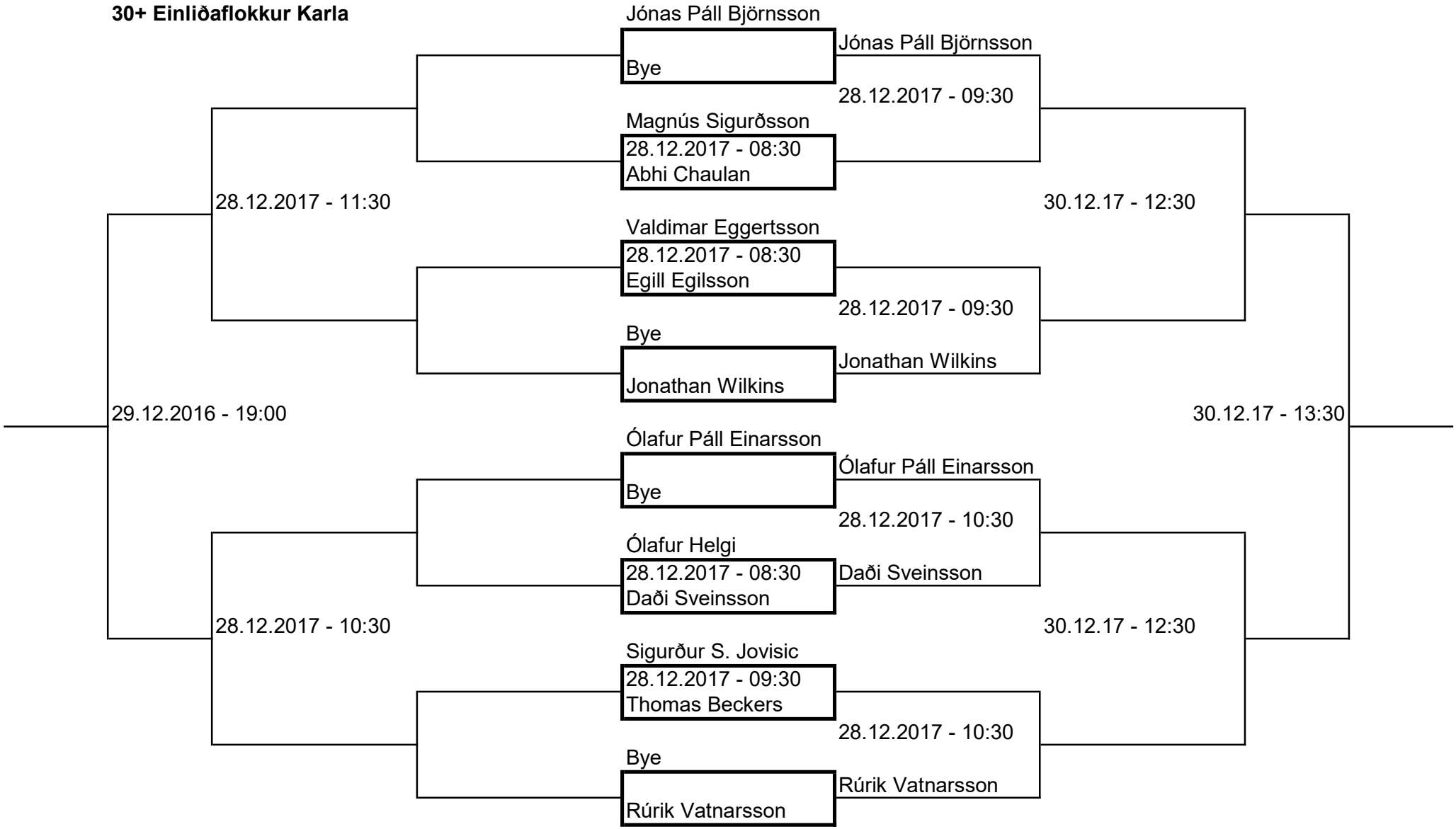30+ Einliðaflokkur Karla