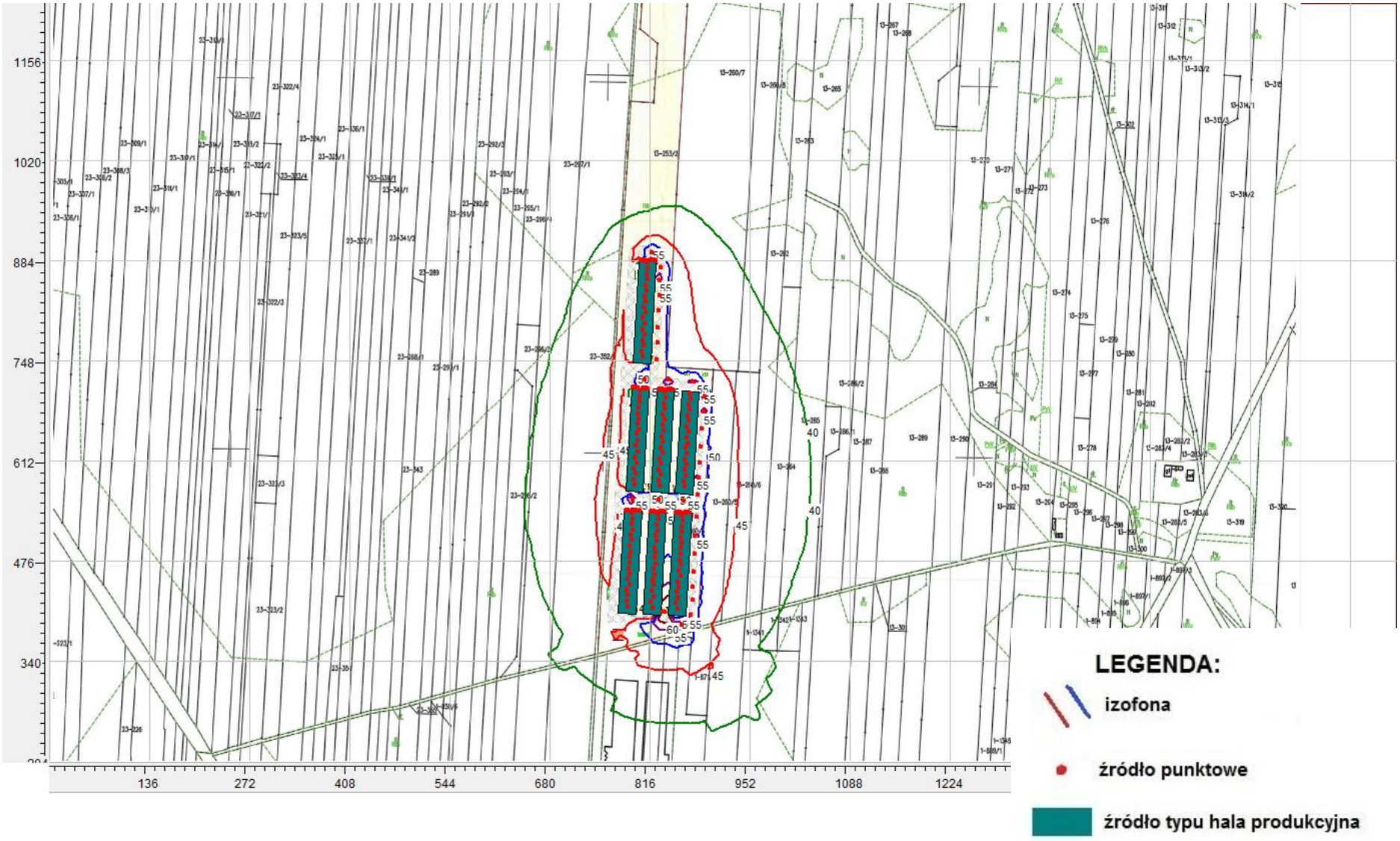Mapa rozkładu izofon – pora nocna