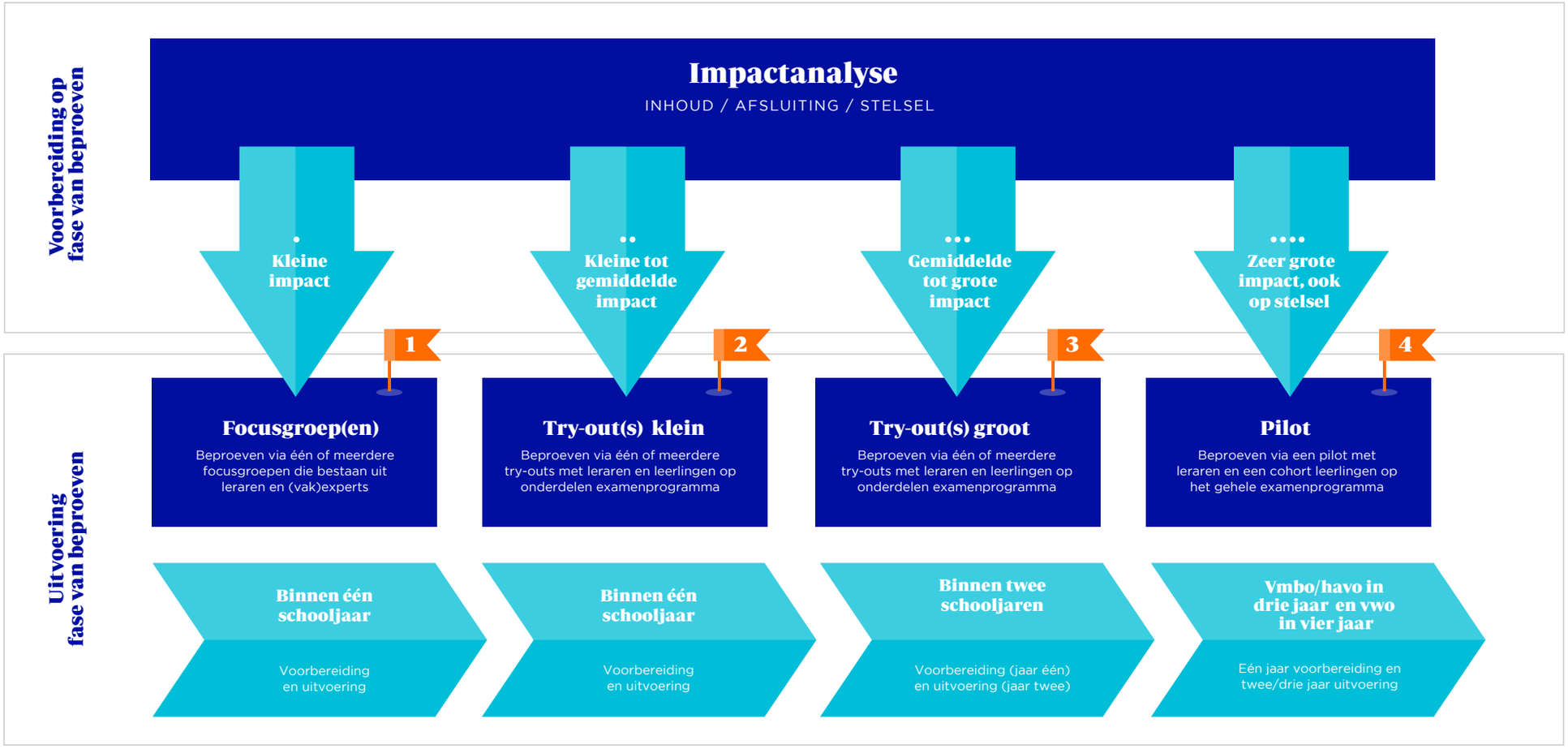Vormen van beproeven