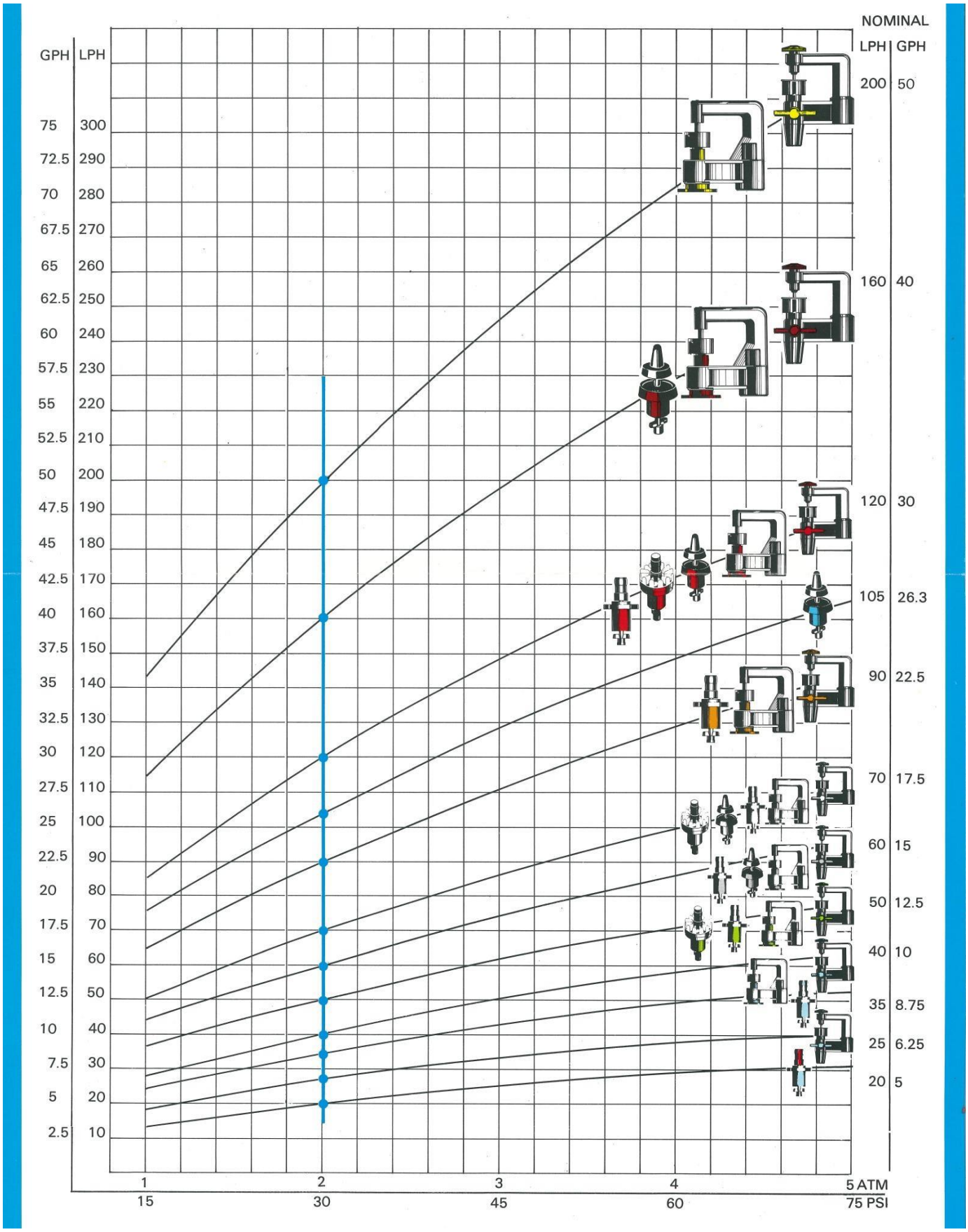ספיקות מטר 180°/360°