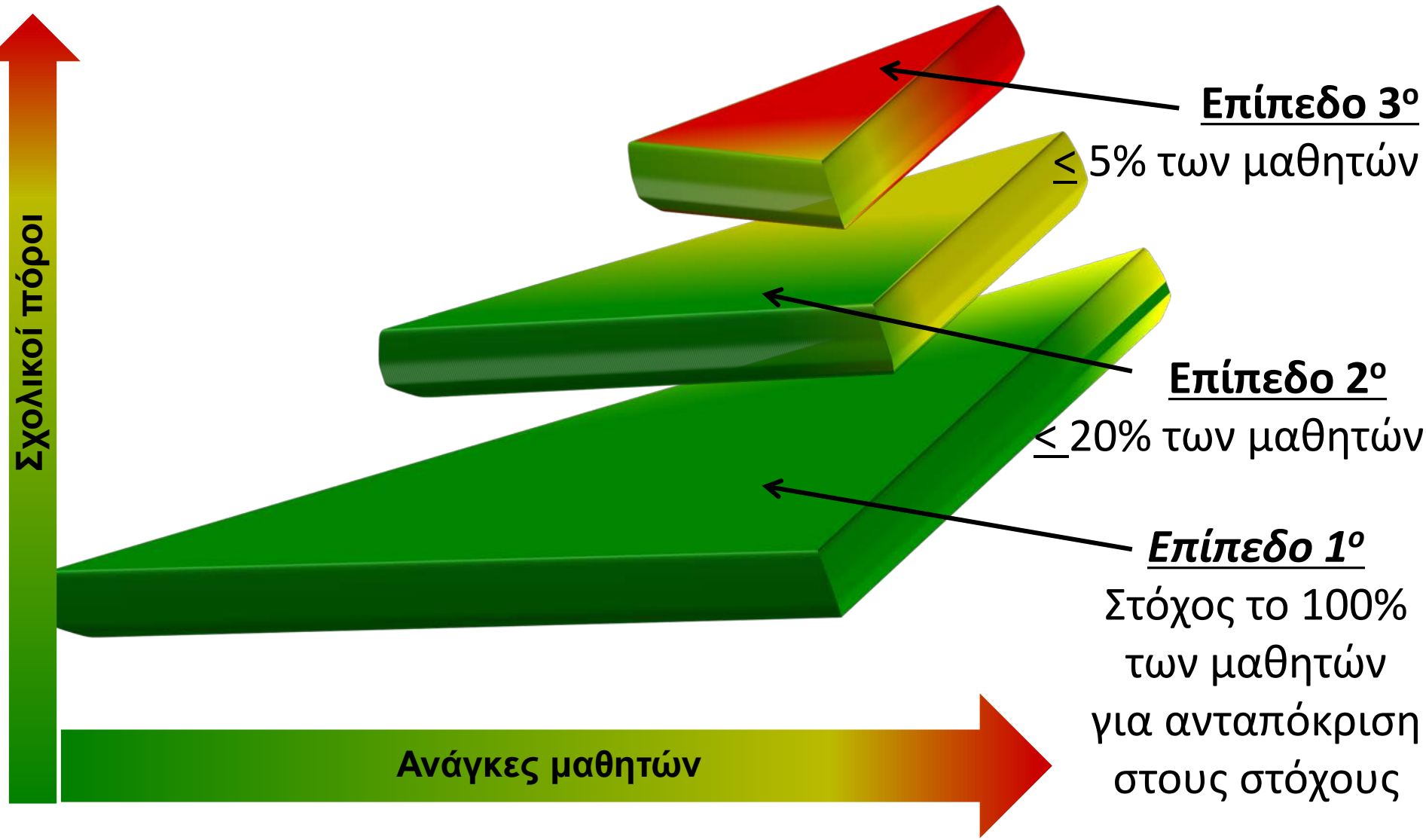Επίπεδα Στήριξης