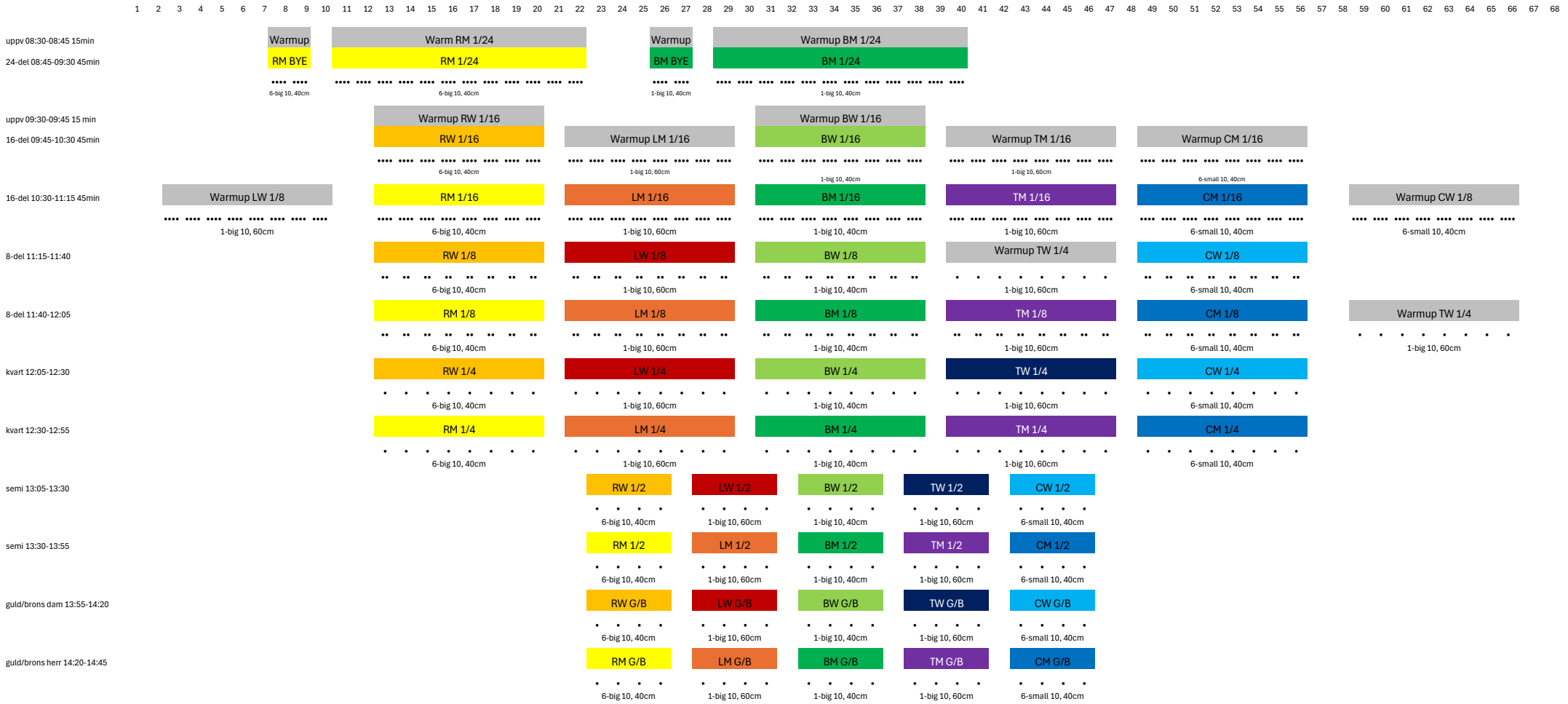Preliminär stege Inne-SM 2026