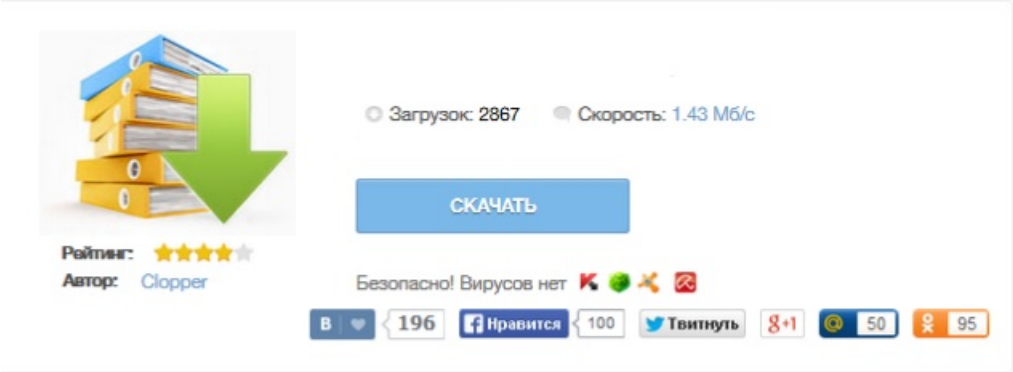форма пфхд в эксель