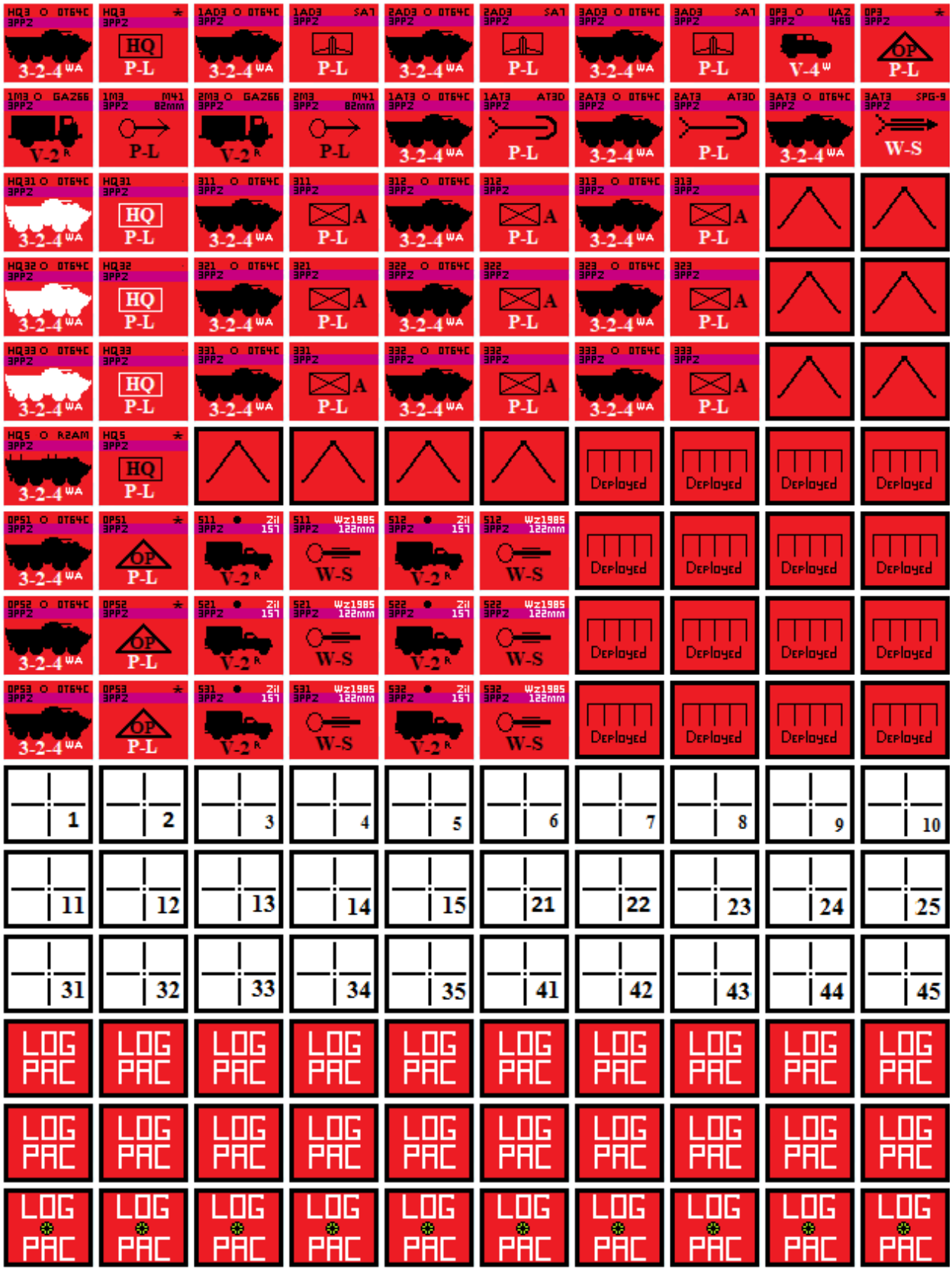3 Pułk Piechoty Zmechanizowane