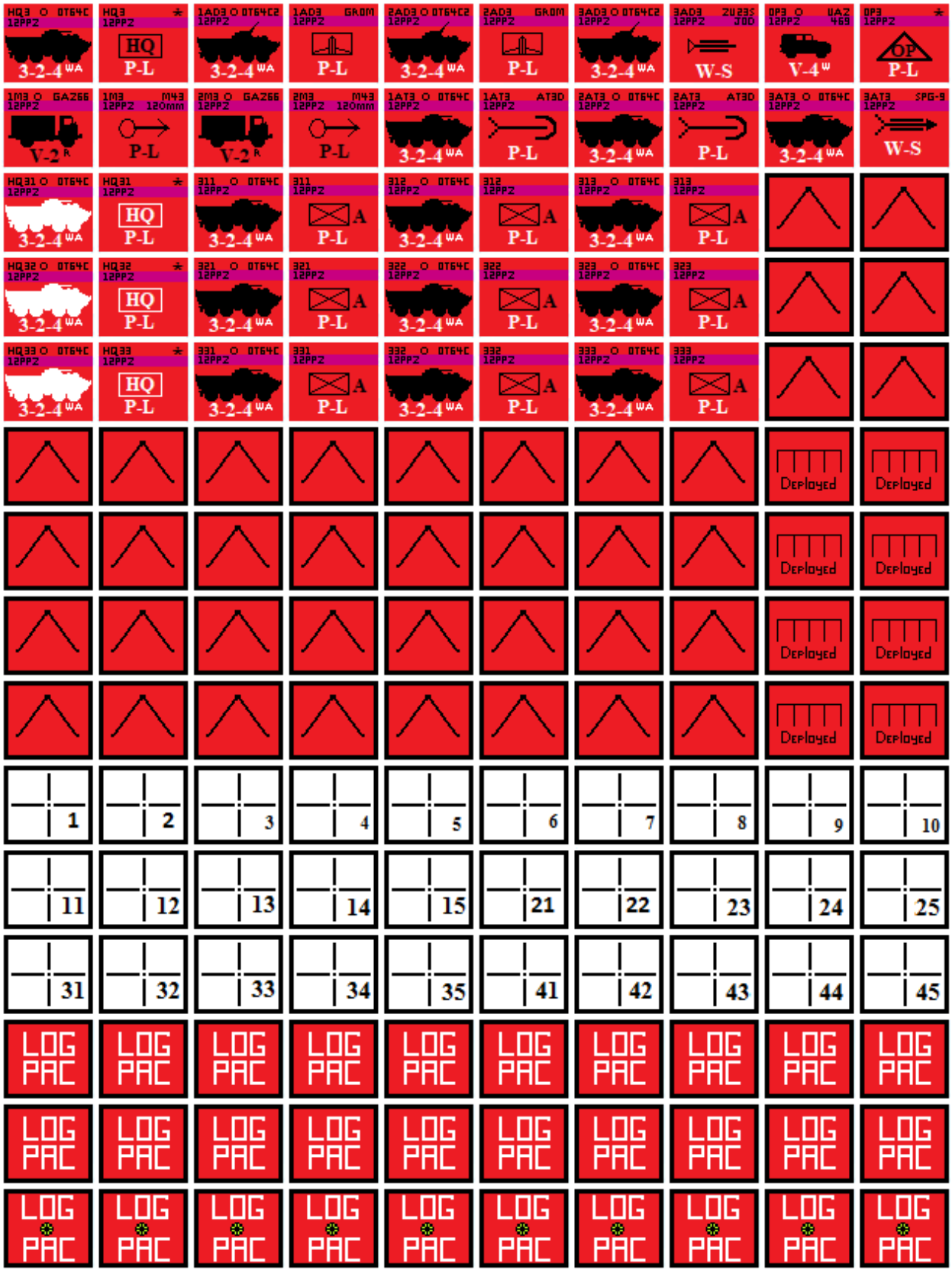12 Pułk Piechoty Zmechanizowane