



lease rea t ese instru tions are ull rior to arr ing outasse l an using ort e irst ti e. Te ontain in or- ation i is i ortant or our sa et as ell as ort e use an aintenan e o te a lian e. ee t ese in- stru tions in a sa e la e or re eren e ur uses, aintenan e or an to assist ou en or ering s are arts.

or our Sa et

- △ ATT NT N Te rosstrainers soul e use onl or its in- ten e ur ose, i.e. or si ale er ise a ult eo le.
- △ ATT NT N An ot er use o te e ui ent is ro i ite an a e angerous. Te anu a turer annot e el lia- le or a age or in ur ause i ro er use o te e ui - ent.
- Te rosstrainer as een esigne in a or an e it t e la- test stan ar so sa et. An eatures i a a e een a ossi le ause o in ur a e een a oi e or a e as sa e as ossi le.
- Te training e i e orres on s it N N 957-1 9, lass .
- n orre tre airs an stru tural o i i ations e.g. re o al or re la e ento original arts a en anger te sa et o te user.
- a age o onents a en anger our sa et orre u te e lieti e o te e ui ent. ort is reason, orn or a age arts soul e re la e i e iatel an t e e ui entta en outo use untl t is as een one. se onl original TTL s are arts.
- n ase o en uir , lease onta t our TTL ealer.
- t e e ui ent is in regular use, e all its o onents t oroug l e er l ont s. a arti ular attention to t e tig mess o olts an nuts. T is is arti ularl true or t e atta ento gri stra , running late an astening o t e an le ar an ront tu e.
- △ ATT NT N nstru t eo le using t e e ui ent in arti u- lar il ren on ossi le sour es o anger uring e er ising.
- e ore eginning our rogra o e er ise, onslut our o - tor to ensure t at ou are itenoug to use t e e ui ent. ase our rogra o e er ise on t e a i e gi en our o tor. n orre to e essi e e er ise a a age our ealt
- An inter eren e it arts o te ro utt at are not es ri- e it in t e anual a ause a age, or en anger t e erson using t is a ine. tensi e re airs ust onl e ar- rie out TTL ser i e sta or ual i e ersonnel traine TTL .

an ling t e e ui ent

- e ore using t e e ui ent or e er ise, e are ull to en- sure t at it as een orre tl asse le .
- tis not re o en e to use or store t e a aratus in a a roo ast is a ause it to rust. lease ensure t at no arto t e a ine o es in onta t it li ui s rin s, ers iration et.. T is a ause orrosion.
- Te a ine is esigne or use a ults an il ren s soul not e allo e to la it it. C il ren at la e a e un- ri ta l an angerous situations a o ur or i t e a- nu a turer annot e el lia le. , in s ite o t is, il ren are allo e to use t e e ui ent, ensure t at t e are instru te in its ro er use an su er ise a or ingl .
- se or our regular leaning, aintenan e an are our a - lian e aintenan e set Arti le no. 079 1-000 s e i i all li-

- To ensure t at t e sa et le el is e t to t e ig est ossi le stan ar , eter ine its onstru tion, t is ro uts soul e ser i e regular on e a ear s e ialist retailers.
- e ore use, al a s e all s re san lug-in onne fions as ell as res e ti e sa et e i es it orre tl .
- △ ATT NT N ile asse l o t e ro ut ee o il - ren s rea C o ing a ar - ontains s all arts .
- Al a s ear suita le s oes en using.
- △ ATT NT N e ore eginning our rogra o training, stu- t e instru tions or training are ull .
- ur ro uts are su e t to a onstant inno ati e ual it assu- ran e. e reser e t e rig t to er or te ni al o i i ations.
- n oosing t e lo ation o t e a aratus, ensure a su i ent sa et istan e ro an o sta les. Te a aratus ust not e ounte in t e i e iate i init o ain assage a s a- t s, oor a s, orri ors .
- Al a s o ser e t e general sa et rules an re au fions or or ing it ele tri ale ui ent.
- All ele tri a lian es e ite le tro agneti ra iation en in o eration. lease o not lea e es e iall ra iation-intensi e a lian es e.g. o ile tele ones ire tl ne t to t e o it or t e ele troni ontrols ste as ot er ise alues is la e ig t e istorte e.g. ulse easure ent.
- △ A N N eart rate onitoring s ste s a e ina ura- te. e re er ise a result in serious in ur or eat . ou eel aint sto e er ising i e iatel .
- Te ro ut is not suita le or use ersons eig ing o er 150 g.
- No o a e in t e o ing range o a training erson u- ring training
- T ise er ise a ine a onl e use ore er ises in iate in t e training instru tions.
- Te sura e on i t e unit is la e ust e ir an e en. la e ru er or stra ats un er it to ea en an noise or i - a ts. nl or a lian es it eig ts. A oi o erulos il- lations o t e u ell s

- ense or TTL S or ts a aratus an a aila le ro t e S or ts e ial i e tra e.
- lease ensure t at li ui s or ers iration ne er enter t e a- ine or t e ele troni s.
- T e e ui ent is e en ento re olutions er inute.
- A slig t ro u tion o noise at t e e aring o t e enriugal assis ue to t e onstru tion an as no negati e e e tu on o eration. ossi l o urring noise uring re erse e alling result ro engineering an are a solutel sa e.
- Te rosstrainer as a agneti ra e s ste .
- To o erate orre tl , t e ulse un fion re uires a ini u ol- tage o ,7 olts onl or o uters or ing it atteries .
- e ore eginning our irst training session, a iliari e ours- el t oroug l it all t e un fions an settings o t e unit.

## Instructions for Assembly

- Ensure that you have read all the instructions before you start assembly. Some of the instructions are in a separate leaflet, please contact our TTL dealer.
- The assembly instructions are in English, but the instructions are available in other languages in the order form. The order form is in Italian.
- Please note that there is also a warning in the instructions about the use of the tools. There are also some instructions about the use of the tools.
- Ensure that your working area is free of obstacles. Also, make sure that you have enough space around you. Always use the assembly instructions carefully. Do not use the tools in a way that is not intended. There is also a warning about the use of the tools.
- The instructions are in English. The instructions are also available in other languages.

## List of assembly tools - 5

The following tools are required for assembly. The tools are listed in the order form. The tools are listed in the order form.

Order form Art. no. 07861-850 for assembly art. no. 91180 88  
The tools are listed in the order form.

Please use the original assembly instructions, so that it is possible to use or transport it later, if necessary.

The tools are only returned after a prior arrangement in the internal assembly, if it is necessary for transport, in the original or in a separate leaflet.

It is important to read the instructions carefully before assembly.

Important safety instructions for the assembly of the assembly material. The assembly material consists of nuts, washers and bolts. It is important to read the instructions carefully before assembly.

person. In order to avoid the possibility of injury, it is important to read the instructions carefully.

- The assembly material is made of steel. The assembly material is made of steel. The assembly material is made of steel.
- All the tools must be used correctly. The tools must be used correctly. The tools must be used correctly.
- The tools must be used correctly. The tools must be used correctly. The tools must be used correctly.
- In order to avoid injury, it is important to read the instructions carefully. In order to avoid injury, it is important to read the instructions carefully.

Assembly instructions

TTL tools are available. The tools are available. The tools are available.

TTL Ltd.  
TTL House, Mersey Road, North Moons Moat, Liverpool, Merseyside L3 5 5L  
TTL Ltd.

TTL International Inc.  
155 Longridge Road, Virginia Beach, VA 23062  
TTL International Inc.

# Messile r Vers rau ungs aterial

Measuring el or s re onne tions  
a arit our s st e e serrae

NL Meet ul oor s roe ateriaal

A u a ara la e i i n el aterial e atornilla ura

Misura er ateriale ia ita ento

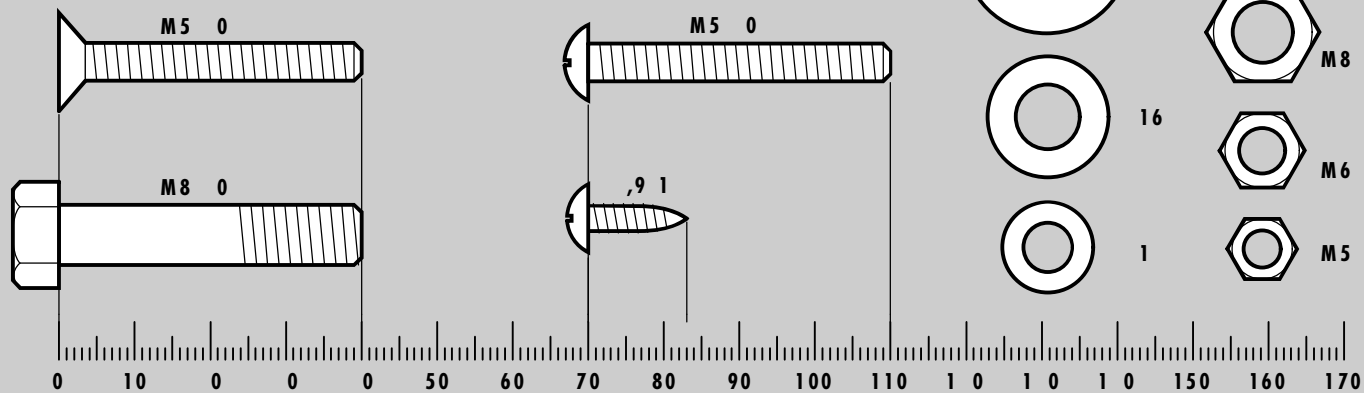
- PL - Wzornik do połączeń śrubowych

- CZ - Měřicí pomůcka pro materiál k přišroubování

Au iliar e e i o ara ateriais e a ara usa ento

I til ling a s ruer

l eis iel a les a les i oor eel  
l e las se r o e lo  
Příklad Eksempel



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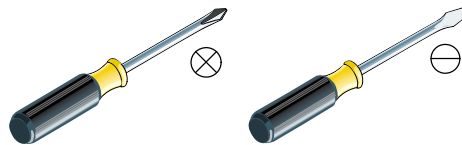
Non in ota ione alla ornitura.

- PL - Nie należy do zakresu dostawy.

- CZ - Nepatří do rozsahu dodávky

N o est in lu o nas e as orne i as

r i e in lu eret ile eringso anget.

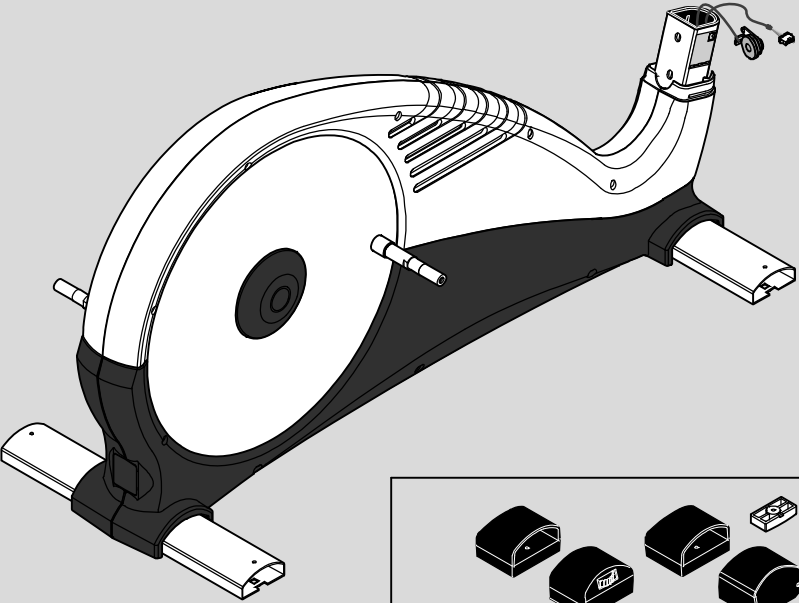
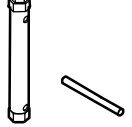
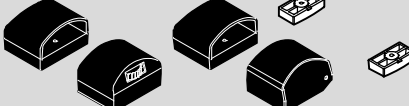

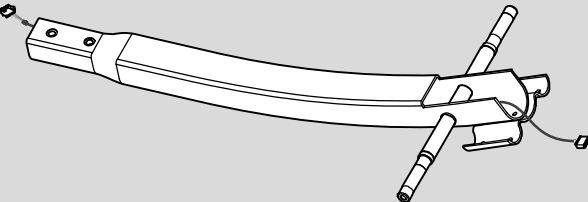


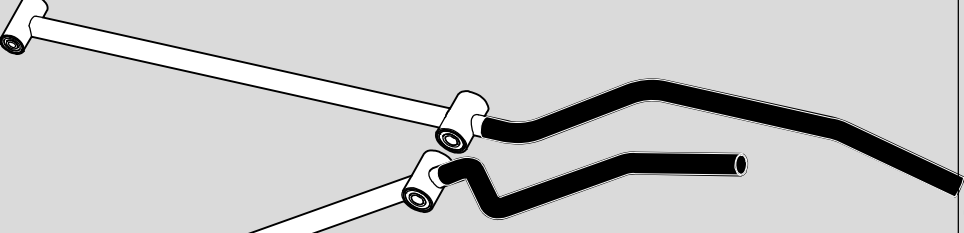


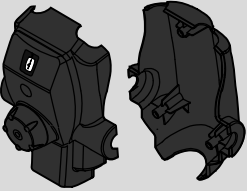
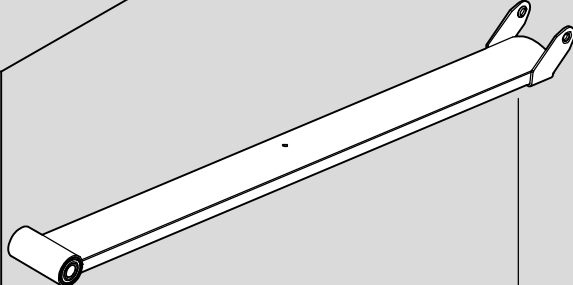


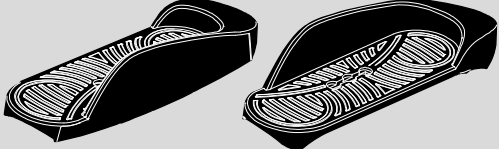
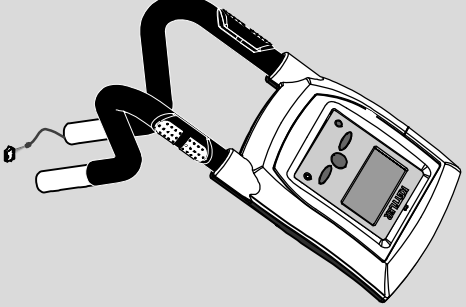


# C e liste a ungsin alt

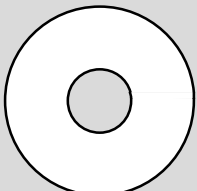
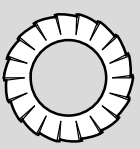
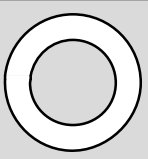


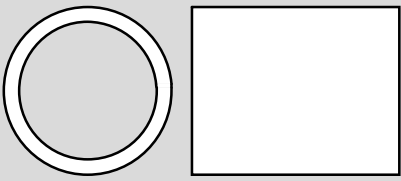
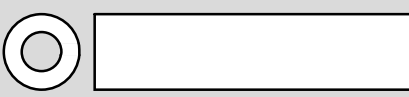

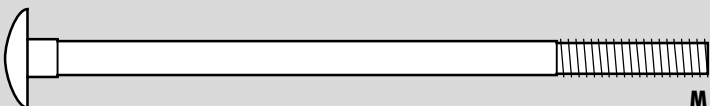
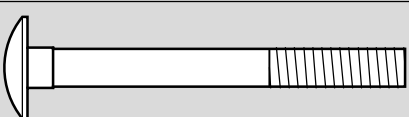
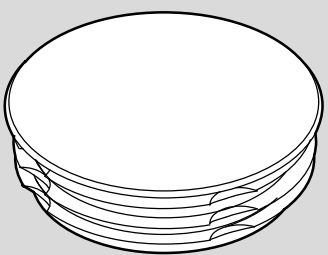
C e list ontents o a aging  
 - E - Lista de control (contenido del paquete)  
 C ontroln se na o sa alen

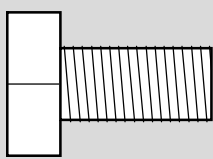
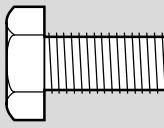
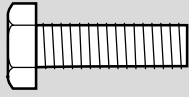
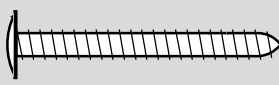
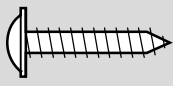

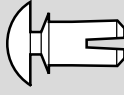
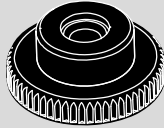
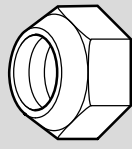

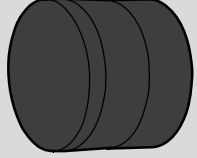
Liste e rriation ontenu ele allage  
 - I - Lista di controllo (contenuto del pacco)  
 Lista e eria o onte o ae alage

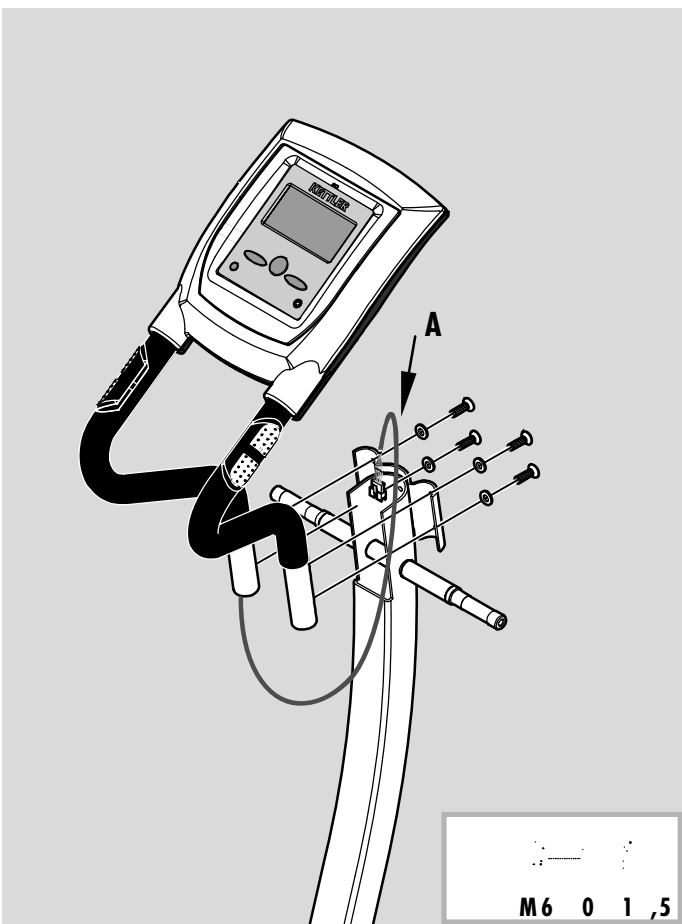
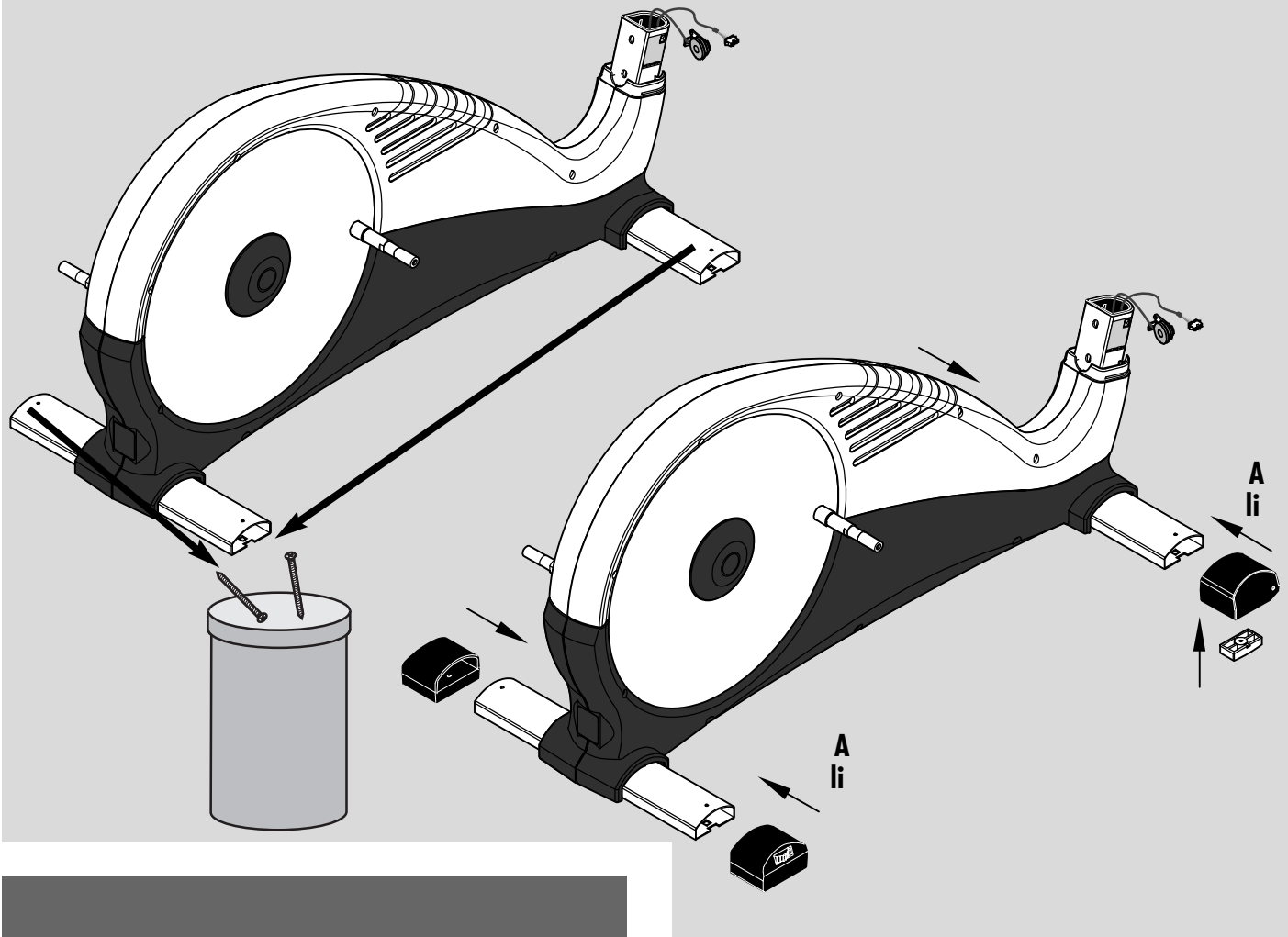
NL C e list er a ingsin ou  
 - PL - Lista kontrolna (zawartość opakowania)  
 C e liste a ensin ol

	1		 S 10 1	
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C e liste a ungsin alt

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			M10 0		
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			,9 19	1	
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			6 9,5	8	
			M6		
			M10		
			M5	1	
				1	



**AC T N**

ie ei en S rau en ssen aus te nis en r n en verstange ogen er en.  
rst ann ie S rau en an ie en.

**M TANT**

ue to te ni al reasons t e s re s a e to e fig ten irst. Tig tent e s re s  
last.

**ATT NT N**

our es raisons te ni ves il aut a or serrer les eu is . Serre ensuite seule-  
ent les is .

**NL LT**

te nis e re enen oeten e ei e s roe en eerst astge raai or en. as  
aarna e s roe en ast raaien.

**AT NC N**

or ra ones t ni as, los os tornillos e en a retarse ri ero. A ontinua i n  
a retar los tornillos .

**ATT N N**

er oti i te ni i ne essario serrare a ri a le ue . Soltanto o o uesta o e-  
ra ione si ossono serrare an e le iti .

**L A A**

Obie śruby z podkładką D muszą być z przyczyn technicznych dokręcane najpierw.  
Dopiero potem dokręcić śruby z podkładką E.

**C**

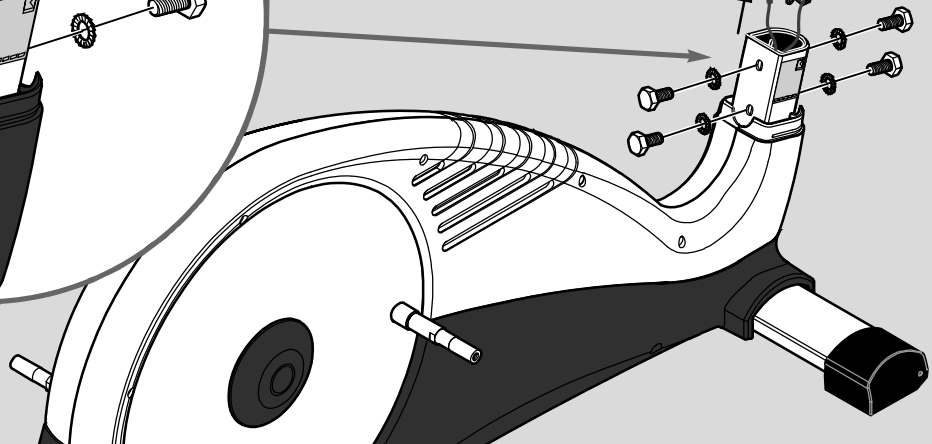
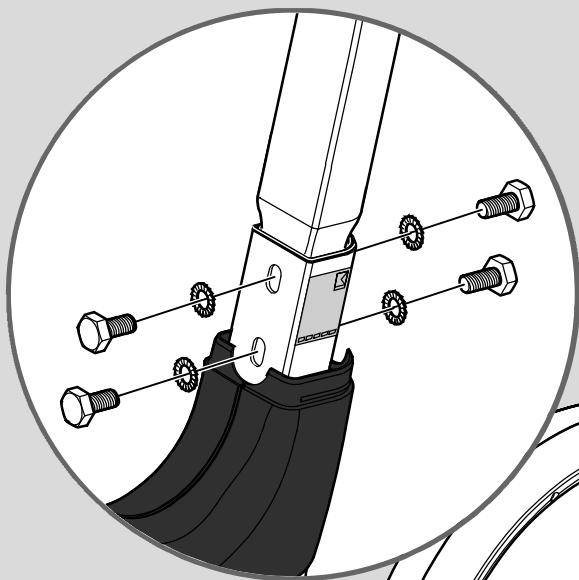
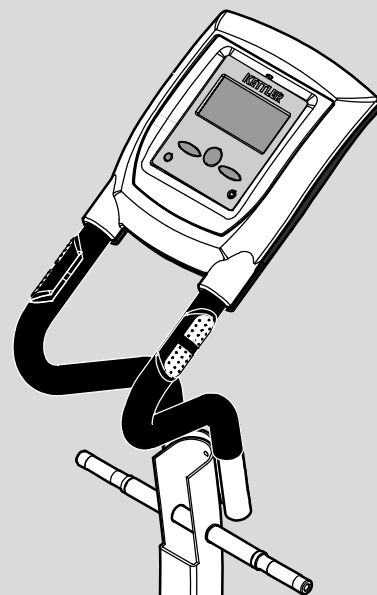
Z technických důvodů je třeba nejprve dotáhnout šrouby označené jako „D“. Teprve  
poté dotáhněte šrouby označené jako „E“.

**AT N**

or oti ost ni os, os ois ara usos t ser a erta os ri eiro. A ertar so en-  
te e segui a os ara usos .

**S**

e to s ruer s ala te nis e rsager stra es rst. rst ere ter s n-  
es s ruerne .



S rau er in ung regel ig ontrollieren.

T e s re e onne tions ust e ontrele at regular inter als.  
esserrer le ra or is inter alles r guliers.

NL S roe er in ing oetregel atig o nieu astge raai or en.  
La atornilla ura e e ser a reta a on regulari a .

I ollega ento a ite a riserrato a inter alli regulari.

- PL - Połączenie śrubowe musi być regularnie dokręcane.

Veri i ue regular ente as uni es ros a s.

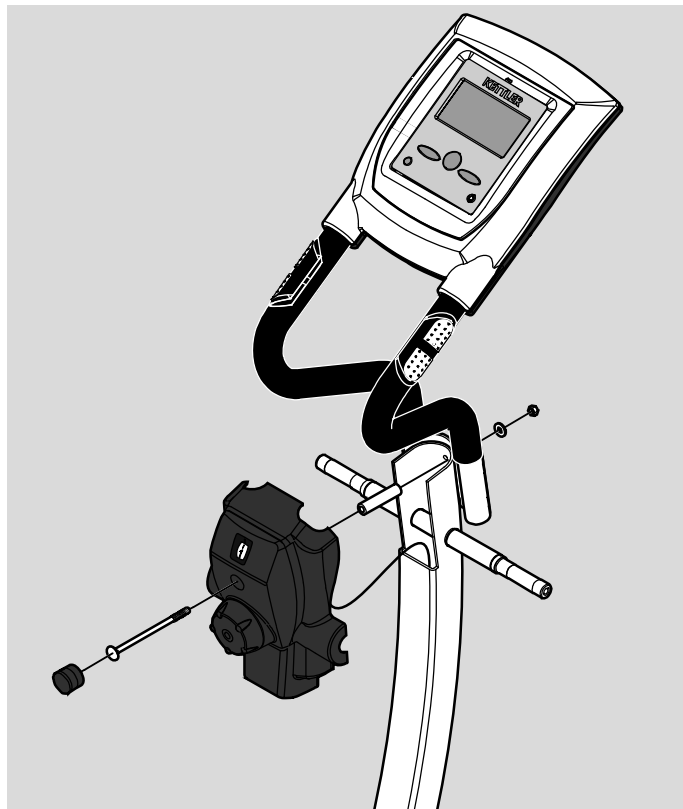
- CZ - Šroubové spojení pravidelně kontrolujte.


ontroll r s ruer or in elsen regel ssgit.



M10 0 M10

5



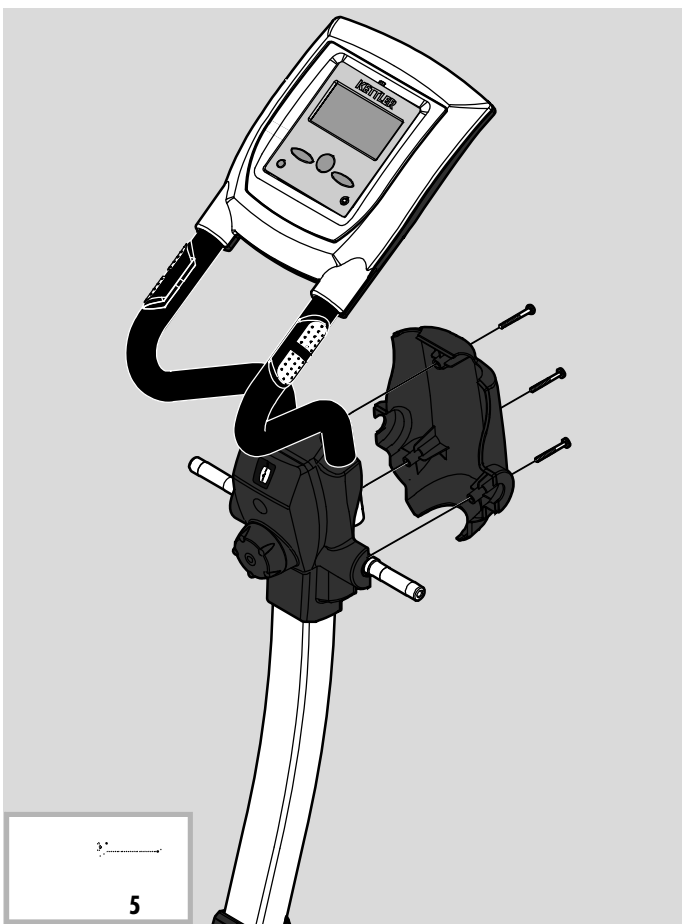
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
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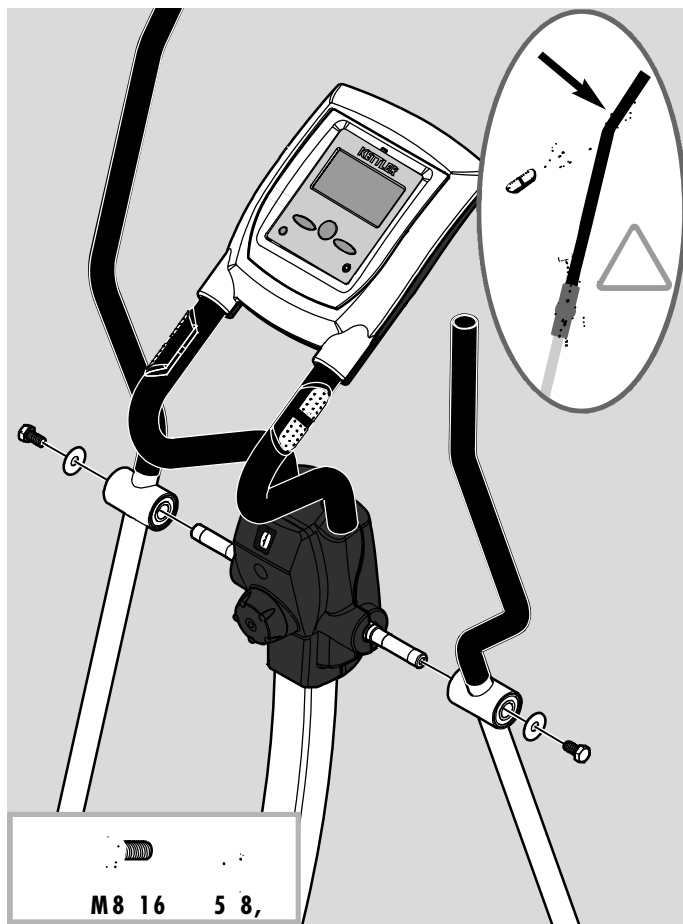
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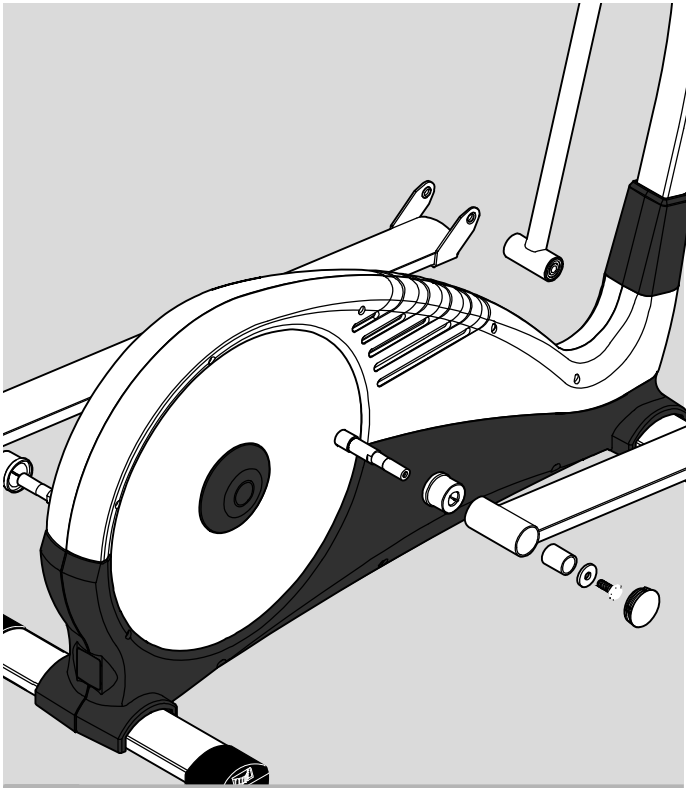
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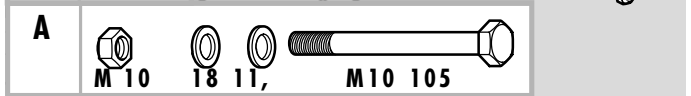
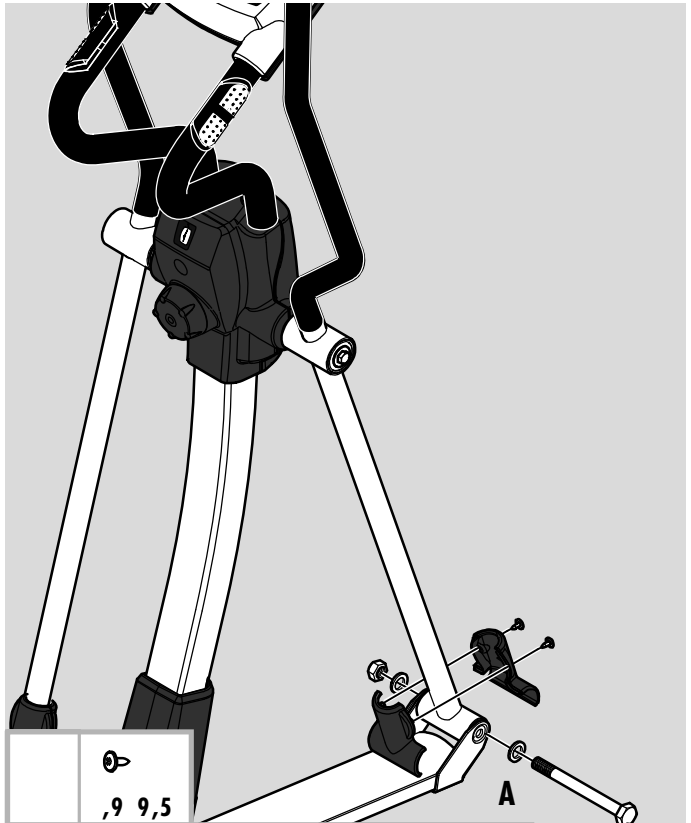
 M8 16 5 8,

M8 16 5 8,

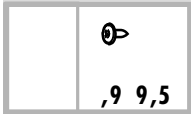
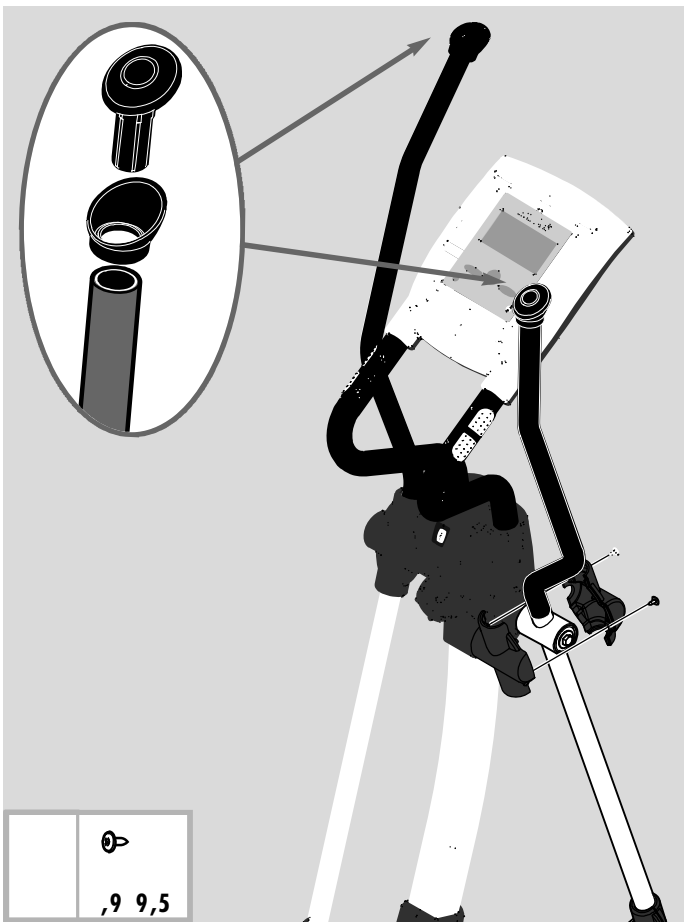
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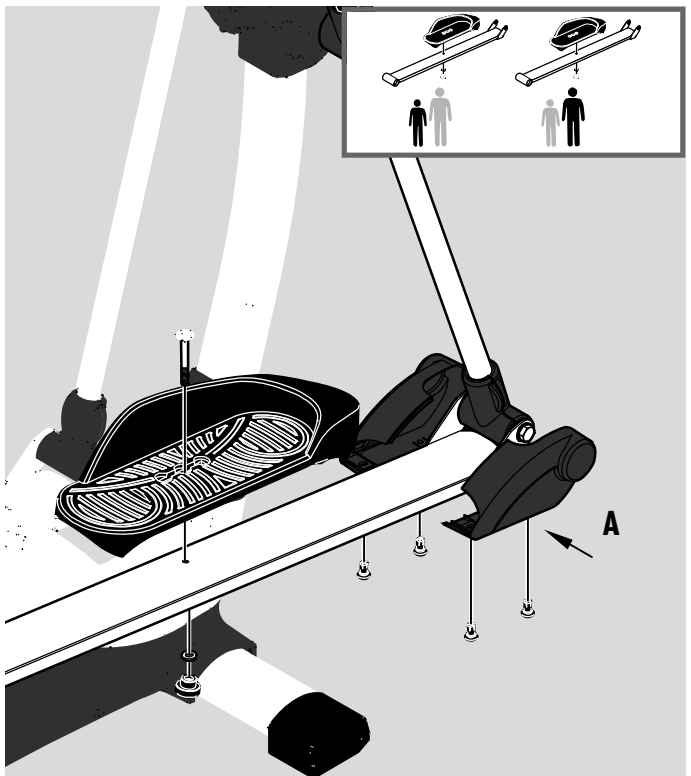
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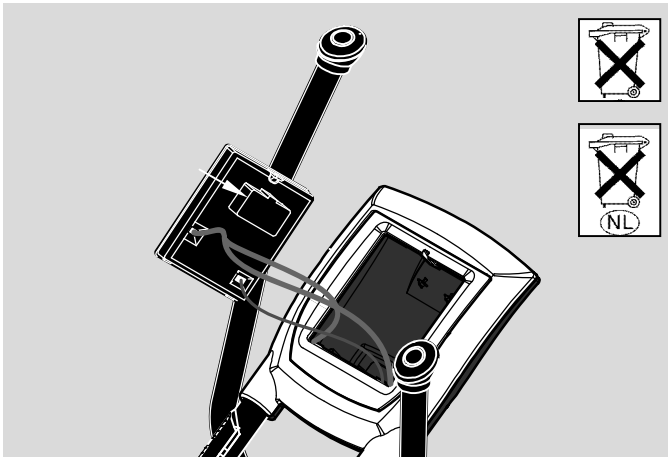
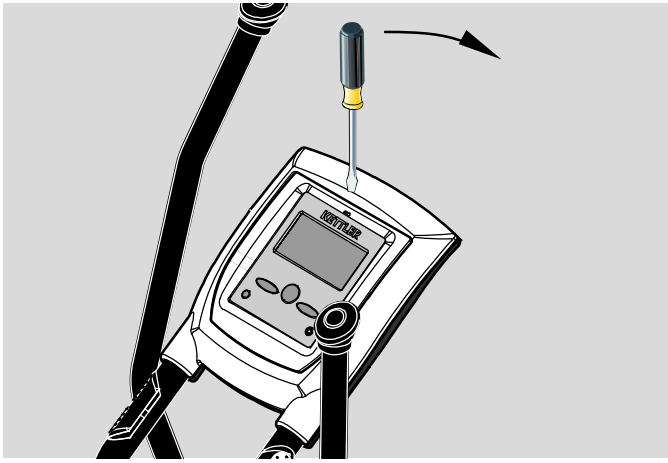


10



11





ine s a e o er eros ene Co utoeran eige a t einen atterie e seler or erli . er Co utoer ist it ei atterien ausgestattet. Ne en Sie en atterie e sel ie olgt or

■ Ne en Sie en atterie a e el a un erset en Sie ie atterien ur ei neue o T AA 1,5V.

■ A ten Sie ei insat er atterien au ie enn ei nung i atterie a o en.

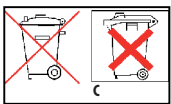
■ Sollte es na e ie ereins alten u e lun fionen o - en, le en Sie ie atterien no ein al ur a un ier an.

i tig Au ge rau te atterien allen ni tunter ie arantie-esti ungen.

eset li er in eis na l er atterie eror nung atterien ren ni t er en nor alen aus llentsorgt eren. er n er rau er ist seit e 01.10.1998 ur ga e er rau ter atterien er li tet, o ei Sie e er na atteriet no na ersteller o er Ver uer unters ei en ssen. ie ntsorgung i aus ll ist laut atterie eror nung aus r - li er oten e rau te atterien nnen Sie ire tin er Ver- au sstelle o er in un ittel arer N e ur ge en.

S a sto altige atterien sin eson ers ge enn ei net.

ie e is en S ole C , g un ste en r Ca iu , ue sil er un lei.



ei ge enn ei neten atterien sin iese e is en S ole unter al er rai einer ur ge reu ten M lltonne ange eigt sie e eisiel.

### atter ange

A ea or an e finguise o utoer is la a es a atter ange ne essar . T e o utoer is e ui e it t o atteries.

er or te atter ange as es ri e elo

■ e o et eli o te atter o art entan re la ete atteries t one atteries o t e AA 1,5V.

■ en inserting te atteries a attention te esignation an te otto o te atter o art ent.

■ S oul t ere e an iso eration a ter s it ing on te o - utoer again, s or tl is onne tte atteries on e again an re- insert te .

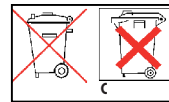
ortant T e guarantee oes not o er orn-out atteries.

„Legal a ie a or ing to l o t e statutor or er ort e is osalo atteries

atteries ust not e is ose o ia t e regular ouse ol a- ste. As o l to er 1998 inal onsu ers are o lige to return use atteries, ile te o not nee to i erentiate et een anu a turers or s o s selling te atteries. na or an e it t e statutor or er or atteries, is osalo atteries in te ou- se ol aste is ro i ite se atteries an e returne ire - tl ator lose to te oints o sale.

Conta inant- ontaining atteries are s e iall ar- e e i entie .

T e e i als ols C , g an signi t e ele ents a - iu , er ur an lea .



atteries i entie as onta inant- ontaining t ese e i als ols are in i ate elo t e s olo a rosse -out aste in see e a - le .”

### C ange ent e iles

na i age e lor inateur ai le ou teinti ose un ange- ent es iles. Lor inateur est ui e eu iles. e tue le ange ent o e suit

■ nle e le ou er le u loge ent es iles etre la e -les ar eu iles neu es ut e AA 1,5V.

■ Veille au ar uage au on u loge ent lors e la ise en la e es iles.

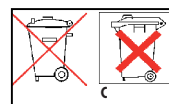
■ n as e son fionne ent a r s la re ise en ar e, enle- e ri e ent les iles etre ette -les ensuite.

ortant Les iles us es sont e lues es is ositions e garan- tie.

A is l gal selon le l e la r gle entation relati e au iles Les iles ne oi ent as tre ises ans les ets o esti ves. Le onso ateur inal est tenu e uis le 01.10.1998 e ren re les iles usag es, e our voi il ne ous aut as aire e tri en on fion ut e e ile ni u a ri ant, ni u en eur. eter les iles ans les ets o esti ves est e ress ent inter it ar la r gle entation relati e au iles Vous ou e ren re les i- les usag es ire te ent au oint e ente ou ro i it e e ous.

Les iles ontenant es su stan es angereuses ont lo et un ar uage s ii ue.

Les s oles i i ves C , g et sont our a iu , er- ure et lo .



ans le as e iles aisant lo et un ar- uage, es s oles i i ves se trou ent en essous u gra i ue une ou elle arr e . e e le .

### NL Ver isselen an e atterien

en a e o egge allen o utoer eerga e aa teen at- teri isseling noo a eli . e o utoer er t o atterien.

# an a ungs in eise

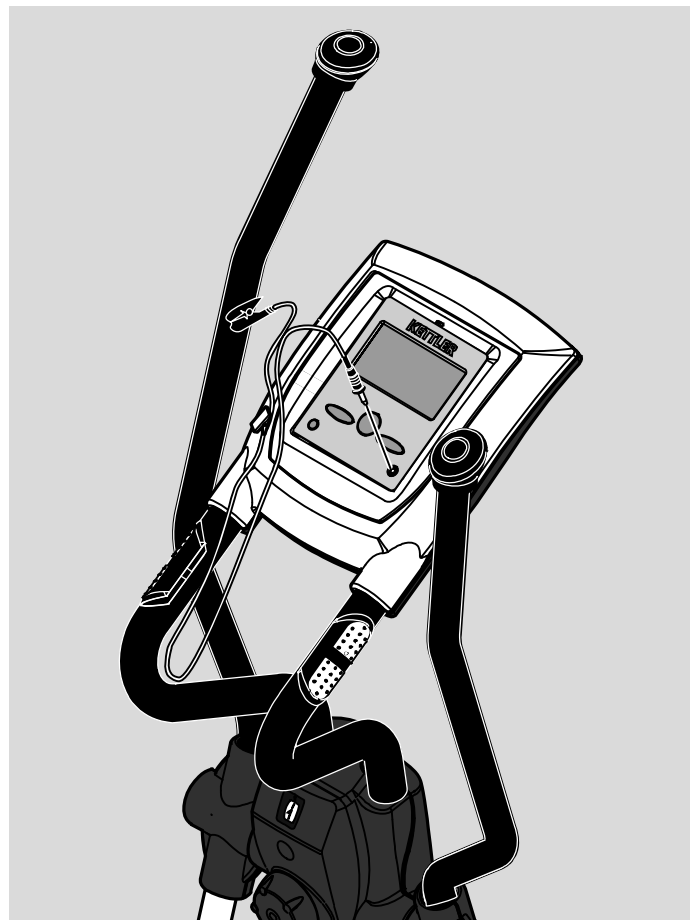
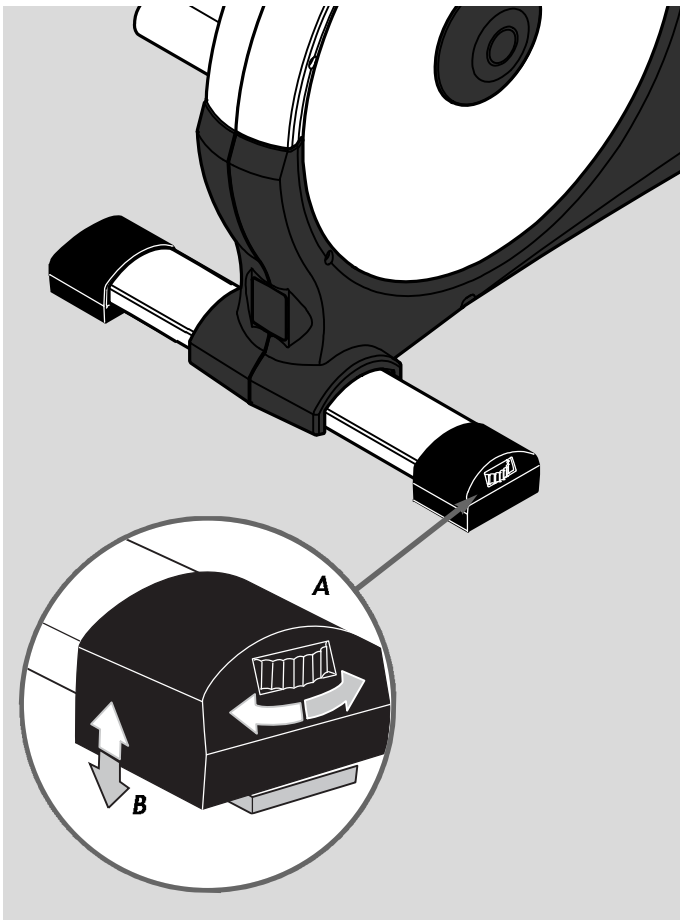
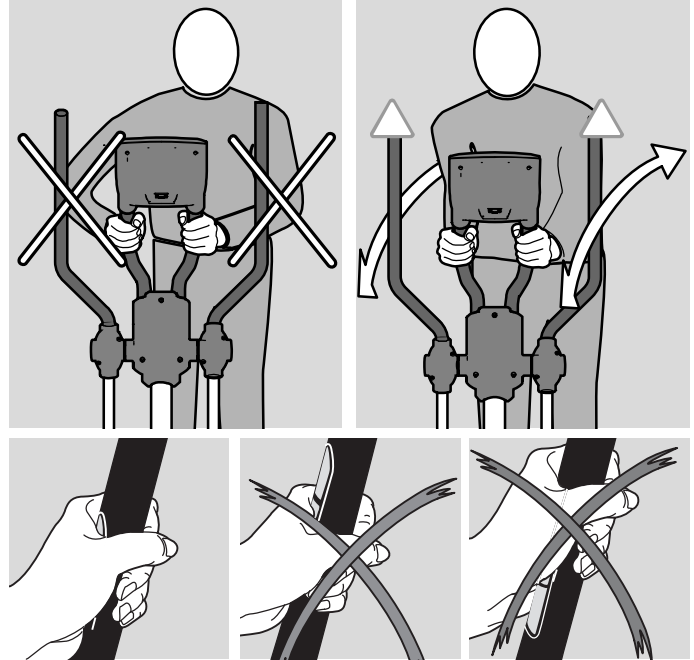
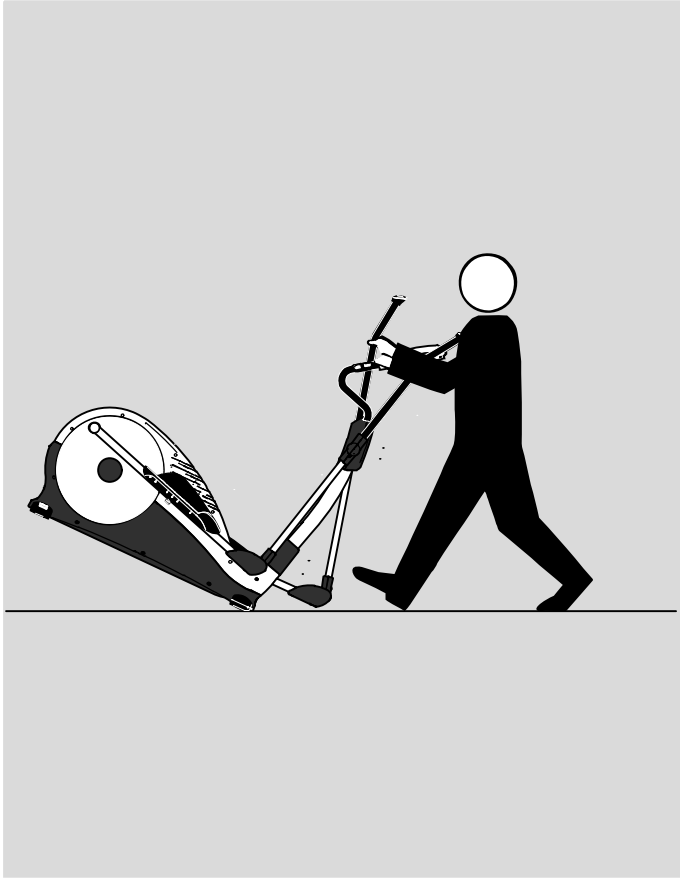
an ling  
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Notas so re o anusea ento

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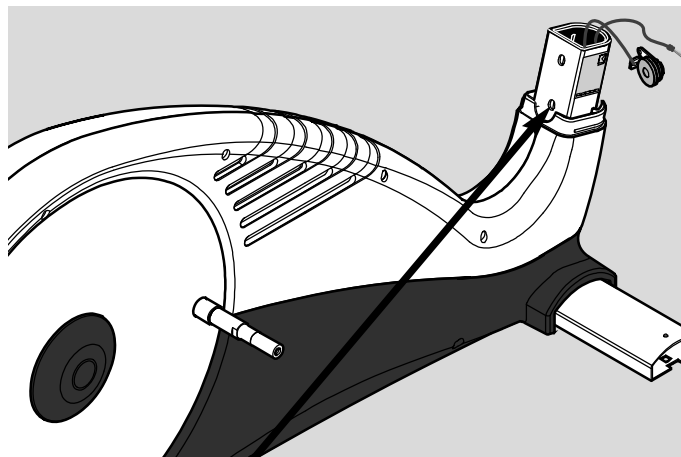


# rsat teil estellung

- S are arts or er  
 - E - Pedido de recambios  
 - CZ - Objednání náhradních dílů

- Co ane e e i es ere ange  
 - I - Ordine di pezzi di ricambio  
 - P - Encomenda de peças sobressalentes

- NL estelling an reser eon er elen  
 - PL - Zamówienie części zamiennych  
 - DK - Bestilling af reservedele



- eis ielT ens il -Seriennu er  
 a le T e la el -Serialnu er  
 a le la ue signal fi ue -Nu ro  
 e serie
- NL i oor eel T e laate -Seriennu -  
 er  
 e lo la a i ent i a t i a -N ero e  
 serie  
 se io Targ etta te ni a -Nu ero i  
 serie
- L r la Ta li a i ent i a na -Nu-  
 er serii
- C Příklad typového štítku – sériové číslo  
 e lo la a e ara ter sti as -n e-  
 ro e s rie  
 se el t e la el seriennu er

e en Sie ei rsat teil estellungen itte ie ollst n ige Arti-  
 elnu er, ie rsat teilnu er, ie en figte St a Lun  
 ie Seriennu er es er tes an.

en or ering sare arts, al a s state t e ull arti le nu er,  
 sare- artnu er, te uantit re uire an t eS N o t e ro-  
 u t.

n as e o ane e e i es ere ange, nous ous rions  
 e entionner la r ren e arti le, le nu ro e i e e  
 re ange, la uantit e an e et le nu ro e s rie e  
 la areil.

NL Ver el i e on er elen estellingen a.u. . et olle ige arti-  
 elnu er, et on er eelnu er, et eno ige e aantal en  
 et seriennu er an eta araat.

n i ar on los e i os e i e as e re uesto eln ero o -  
 leto el art ulo, eln ero e la i e a e re uesto, las uni a-  
 es soli ita as eln ero e serie e la arato.

er lor ina i one i arti i ri a io in i ate il o leto nu e-  
 ro i arti olo, ella arte i ri a io, il nu ero i unit ne essa-  
 rio non il nu ero i serie ella are io.

L Przy zamawianiu części zamiennych proszę podawać komplet-  
 ny numer artykułu, numer części zamiennych i numer serii urzqd-  
 enia.

C Při objednání náhradních dílů prosím udejte úplné číslo zboží,  
 číslo náhradního dílu, potřebný počet kusů a sériové číslo pří-  
 stroje.

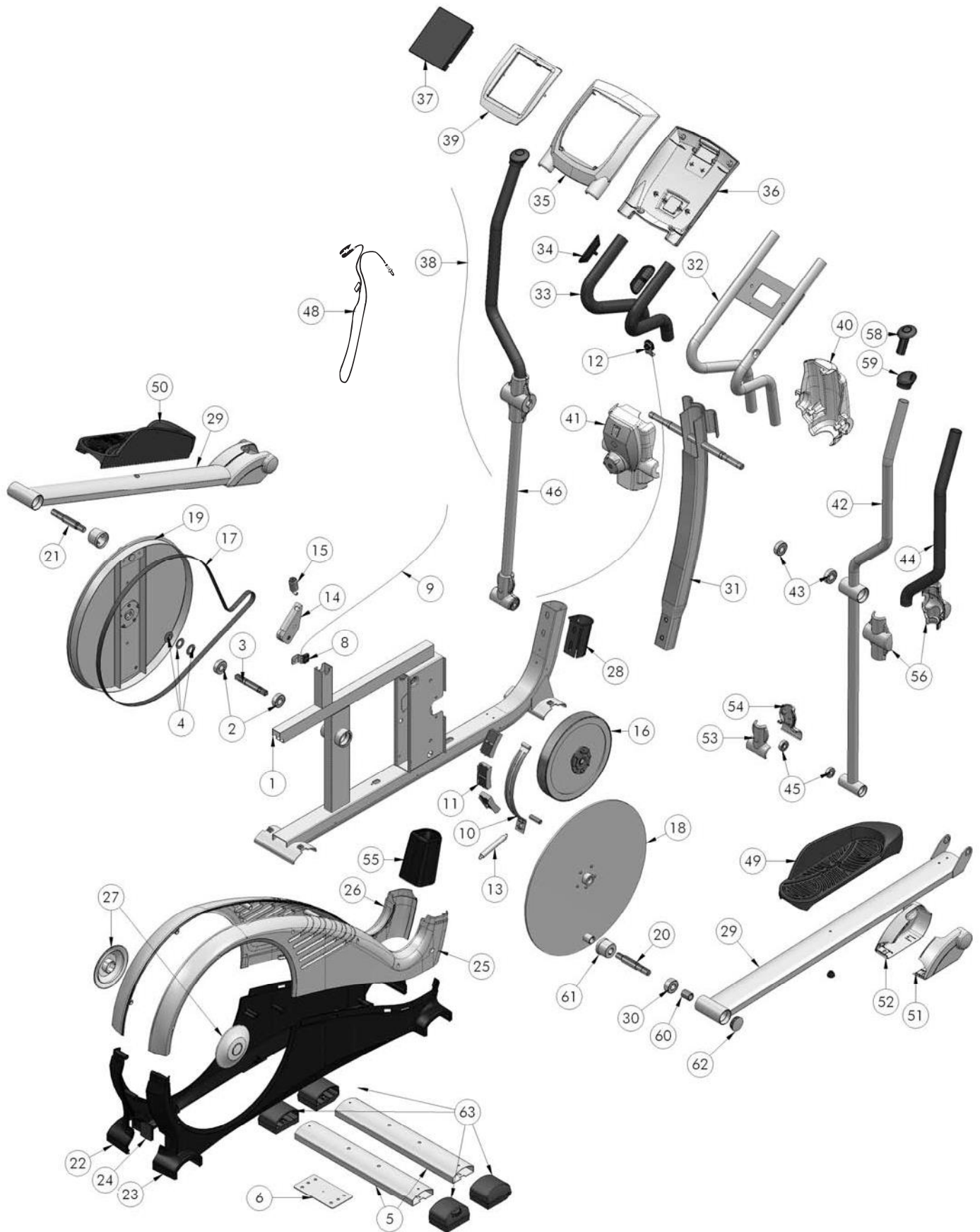
Ao en o en ar e as so ressalentes, or a or in i ue o n -  
 ero o leto o artigo, on ero a e a so ressalente, o  
 n ero e uni a es ne ess rias e o n ero e s rie o a ar-  
 el o.

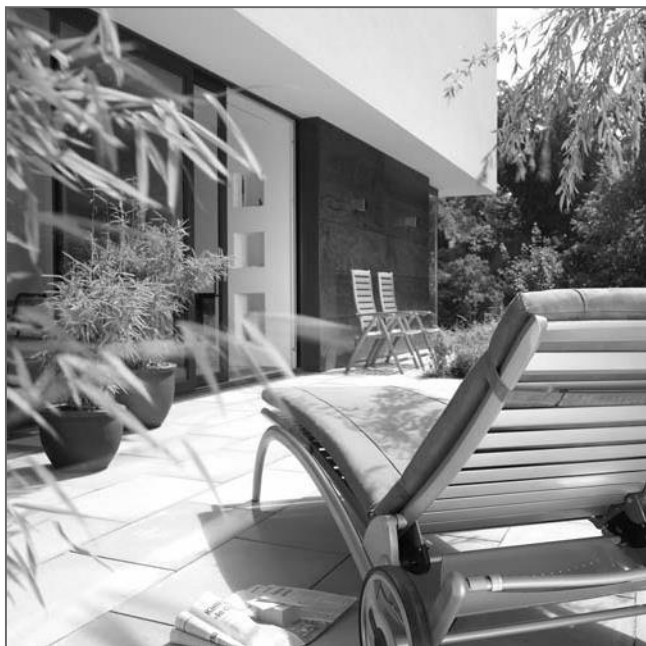
Ve estilling a reser e ele s al u alti o gi e et ul st n i-  
 ge arti elnu er, nu er et reser e elen, et ns e e antal  
 og as inens seriennu er se n tering .

os.- Nr.	Crosstrainer Vito XLS e ei nung	St	07861-850 uro a estell-Nr.	07859-859 SA estell-Nr.
1	run ra en	1	9 159 9	9 159 9
	ugellager 6 0 - elle r Crosstrainer 17 11 ,5		1000	1000
	Teller e er		1060000	1060000
5	o enro r 80		91111951	91111951
6	alte le 1 56		97 00 56	97 00 56
7	olien a ier r Crosstrainer o. A .		0101 0	0101 0
8	onta t alte le l.	1	1701 99A	1701 99A
9	es in ige itsaune er 1000 S	1	67000707	67000707
10	Magnet gel	1	1701 960	1701 960
11	Magnetseg entteil		67000170	67000170
1	o en ug M. 58	1	9 18186	9 18186
1	uge er -5 17	1	5615060	5615060
1	S ann in el 1 88 ugellager ont.	1	9 1 0	9 1 0
15	uge er -5 79	1	56 505	56 505
16	S ungra un Lager elle onfiert	1	911 0 81	911 0 81
17	ol -V- ie en 1651 6	1	670051 7	670051 7
18	Laura	1	9 18176	9 18176
19	ie ens ei e	1	9 18177	9 18177
0	Lagera se 0 1 0,5 e tsge in e	1	97 0 7 0	97 0 7 0
1	Lagera se 0 1 0,5 Lin sge in e	1	97 0 7 1	97 0 7 1
	Seiten er lei ung lin s unten 5	1	701 9 6	701 9 6
	Seiten er lei ung re ts unten 51	1	701 9 6	701 9 6
	Net ste era e ung 195	1	701 7 6	701 7 6
5	Seiten er lei ung re ts o en 999	1	701 9 67	701 9 67
6	Seiten er lei ung lin s o en 000	1	701 9 68	701 9 68

# rsat teil estellung

os.- Nr.	Crosstrainer Vito XLS e ei nung	St	07861-850 uro a estell-Nr.	07859-859 SA estell-Nr.
7	on ena e a e 866		701 011	701 011
8	rungs u se 001	1	701 8698	701 8698
9	e alar en ellager ontiert		9 15 8	9 15 8
0	en el ugellager 0 - S		1000 7	1000 7
1	Vor erro r	1	9 1818	9 1818
	St t gel it So tgr i S	1	9 1806	9 1806
	So t ri 7,5 85 S		101181 0	101181 0
	an ulsau ne er 1007-5C	1	67000658	67000658
5	Co it erteil 77	1	701 9 61	701 9 61
6	Co it nterteil 757	1	701 9 6	701 9 6
7	Co uter ST 510-68 ge r t	1	9 15908	9 16719
8	Verl ngerungs a el S-19 1 00	1	670005 9	670005 9
9	istan ra en 5180	1	701 9 60	701 9 60
0	Len eren a e ung T 008	1	701 9 59	701 9 59
1	Verstellein eit 5	1	101 1188	101 1188
	Ar e e re ts l. ontiert it os. , S , 5	1	9 170 8-10	9 170 8-10
	ugellager 6 0 - r Crosstrainer		1000 6	1000 6
	So tgr i S		101180	101180
5	ugellager 6 00- r Crosstrainer		1000 8	1000 8
6	Ar e e lin s l. ontiert it os. , S , 5	1	9 170 9-10	9 170 9-10
7	usat eutel l. Vito XLS	1	9 18179	9 18179
8	r li -0	1	6700065	6700065
9	u tritt re ts 00	1	701 50	701 50
50	u tritt lin s 00	1	701 505	701 505
51	elen a e ung re ts 009		701 506	701 506
5	elen a e ung lin s 010		701 507	701 507
5	elen un t er lei ung Teil 1 167		701 510	701 510
5	elen un t er lei ung Teil 168		701 511	701 511
55	Len erro ra e ung 089	1	701 9 6	701 9 6
56	re un t er lei ungen 165 66		9 18178	9 18178
57	S rau en eutel o. A .	1	9 1818	9 1818
58	o ren a e Teil 1 011		701 50	701 50
59	o ren a e Teil 01		701 50	701 50
60	istan ro r . 7.5		97 01 6	97 01 6
61	istan lse 1 6		701 9 69	701 9 69
6	La ellensto en		10100098	10100098
6	o ens oner-Set	1	91180 88	91180 88





N TTL Co. osta 10 0 -59 6 nse- arsit  
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