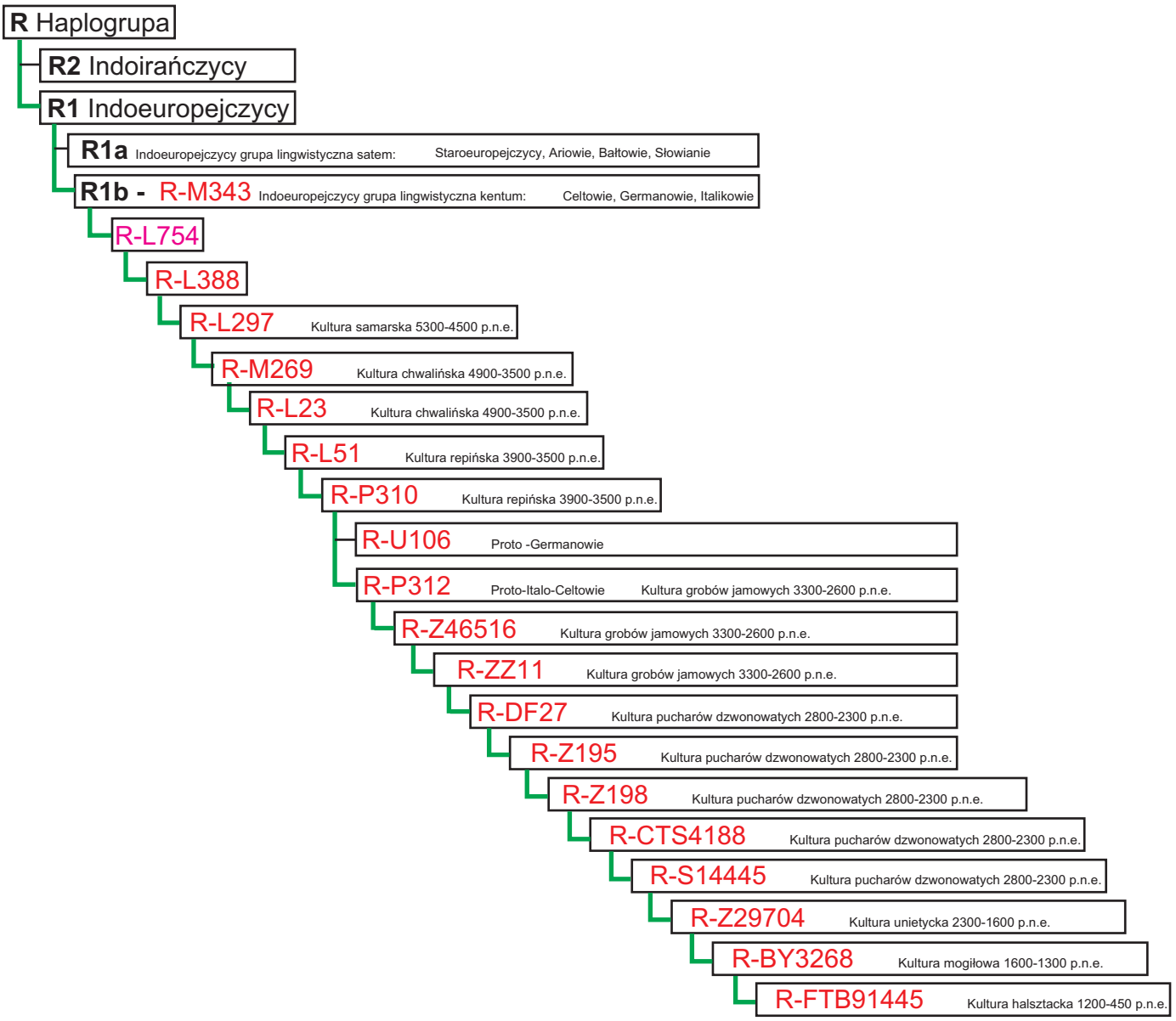Haplogrupy R i jej podgrupa R1b