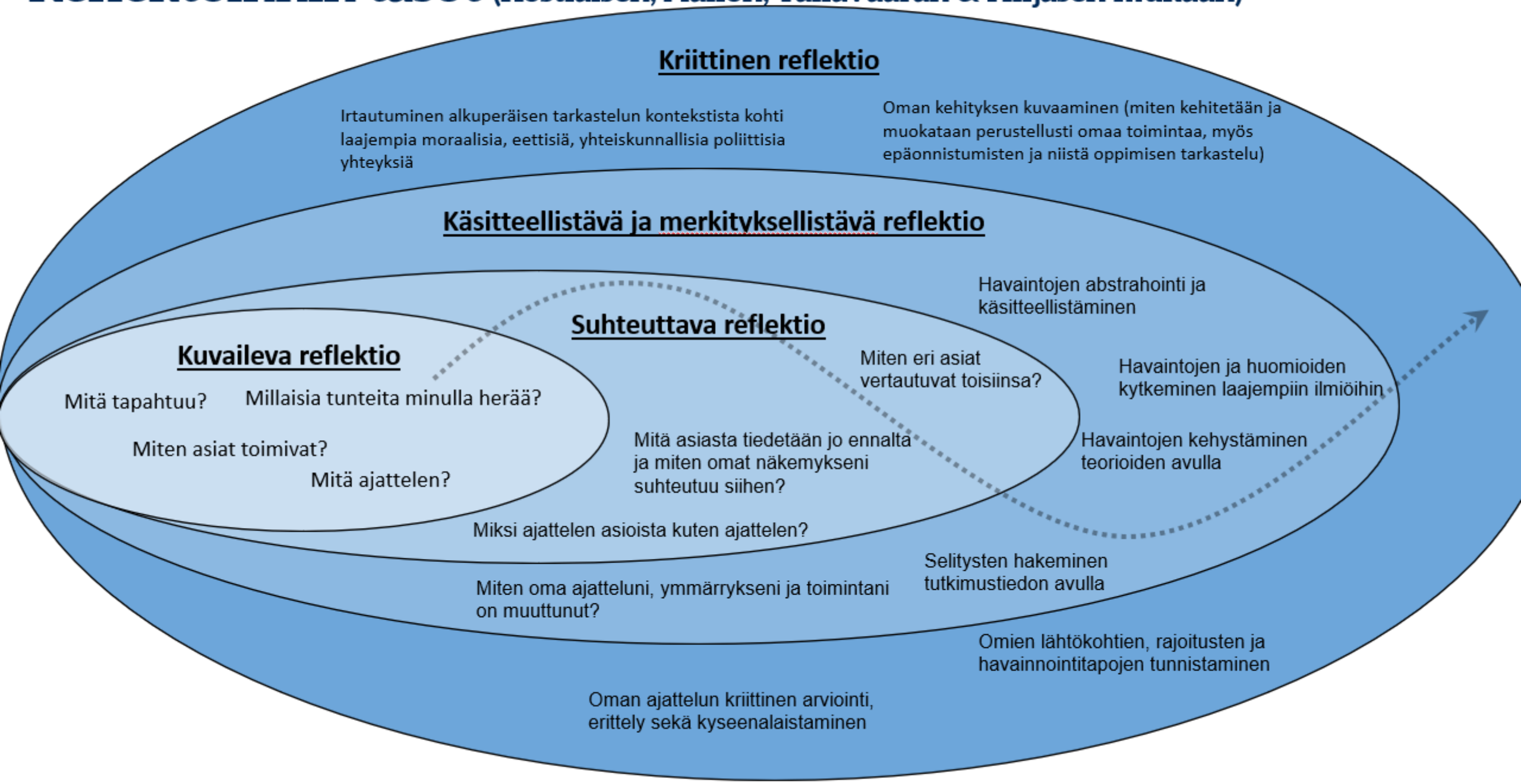Reflektoinnin tasot (Kostiaisen, Aallon, Tallavaaran & Hiljasen mukaan)