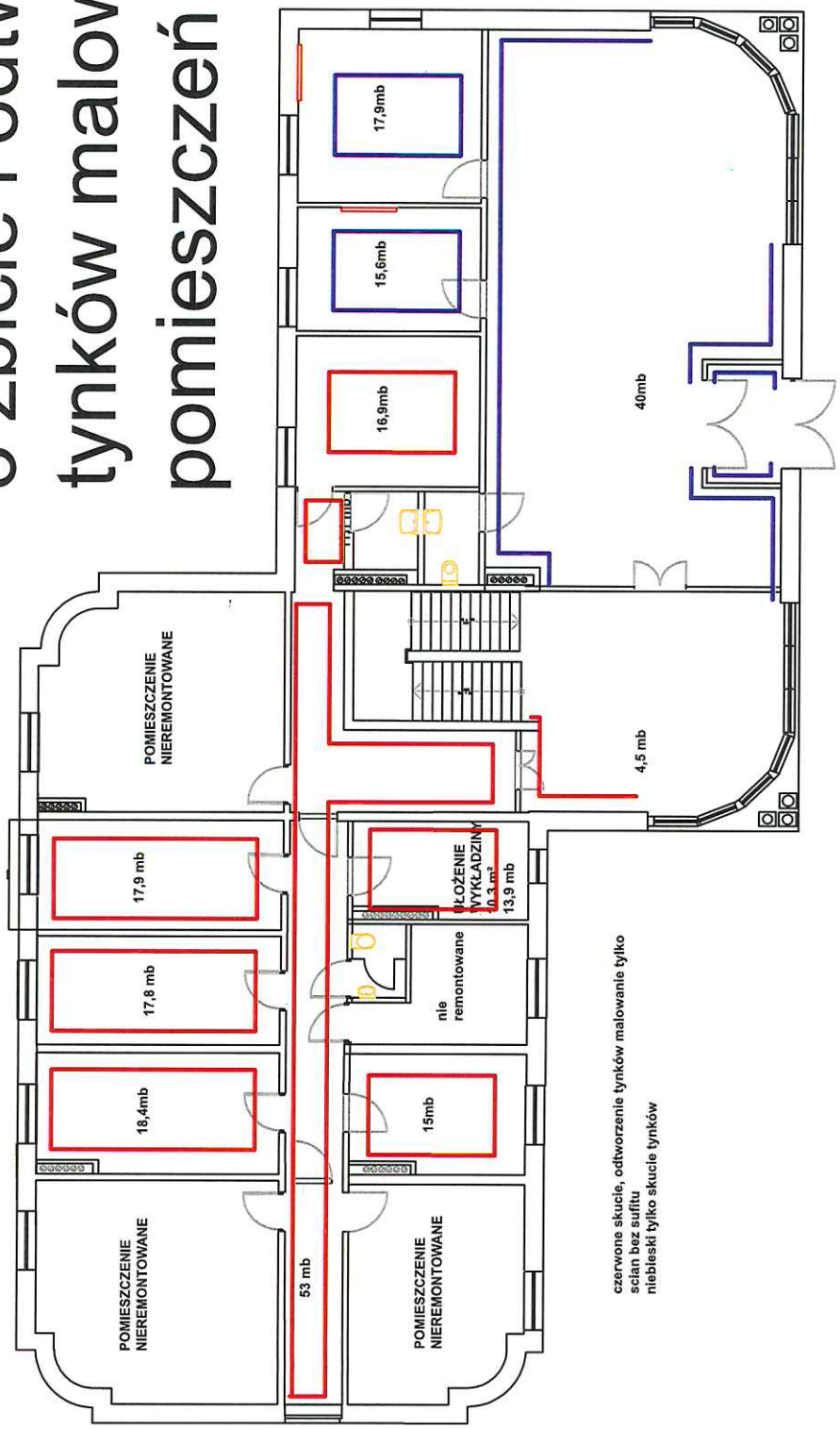3 zbicie i odtworzenie tynków malowanie pomieszczeń