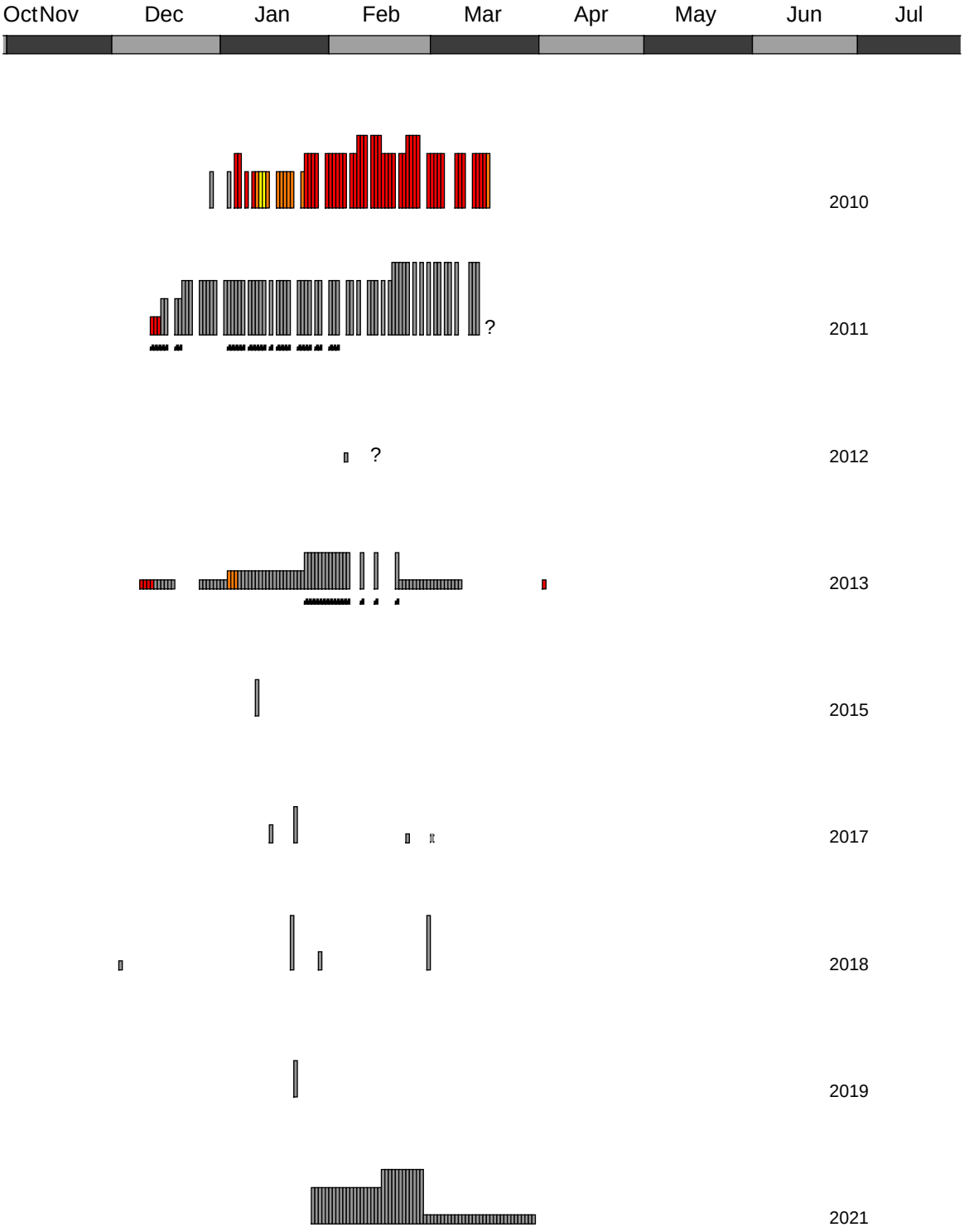Tønsberg, Innenhafen