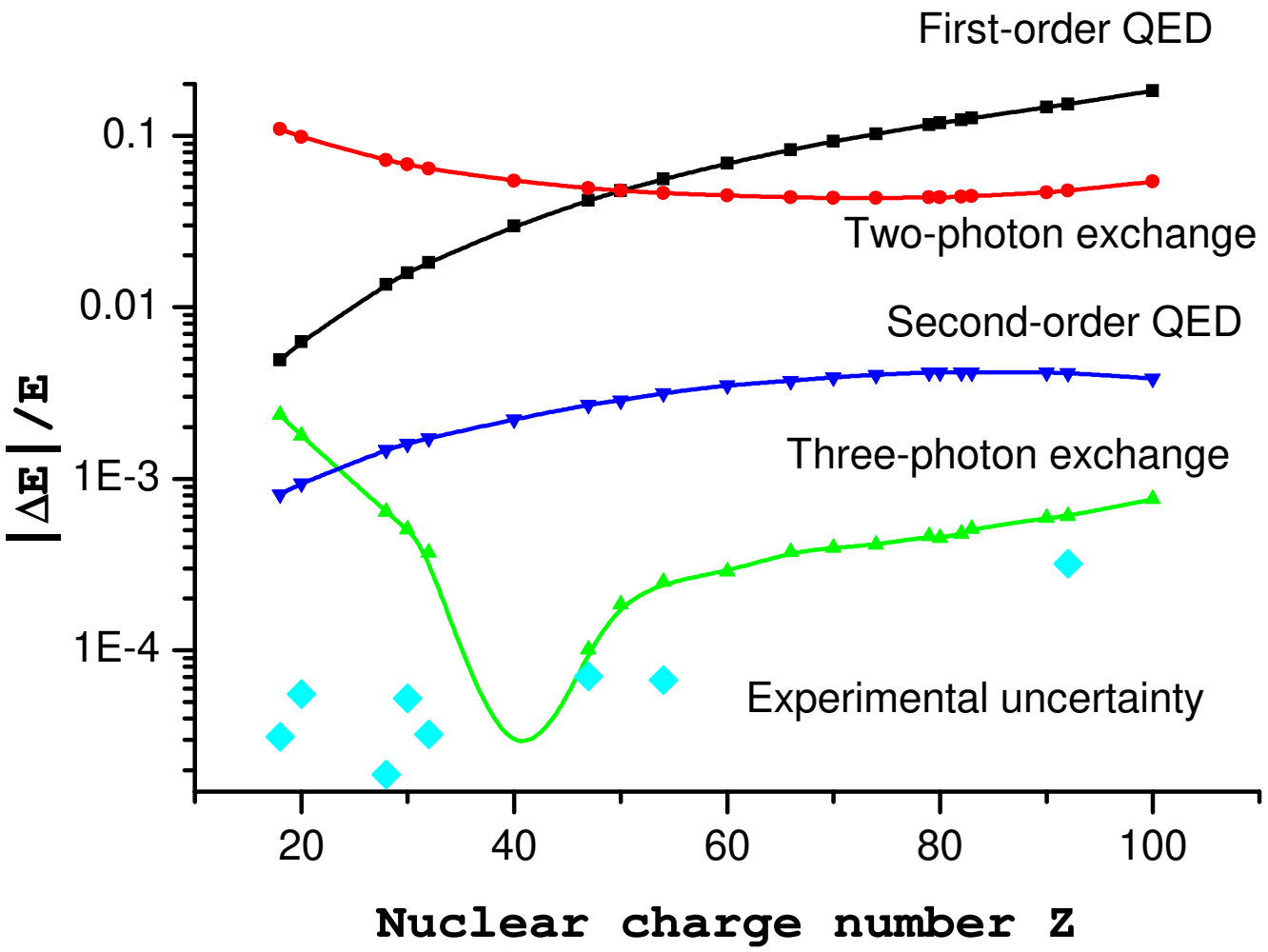Individual contributions to the $2p_{1/2}$–$2s$ transition energy in Li-like ions