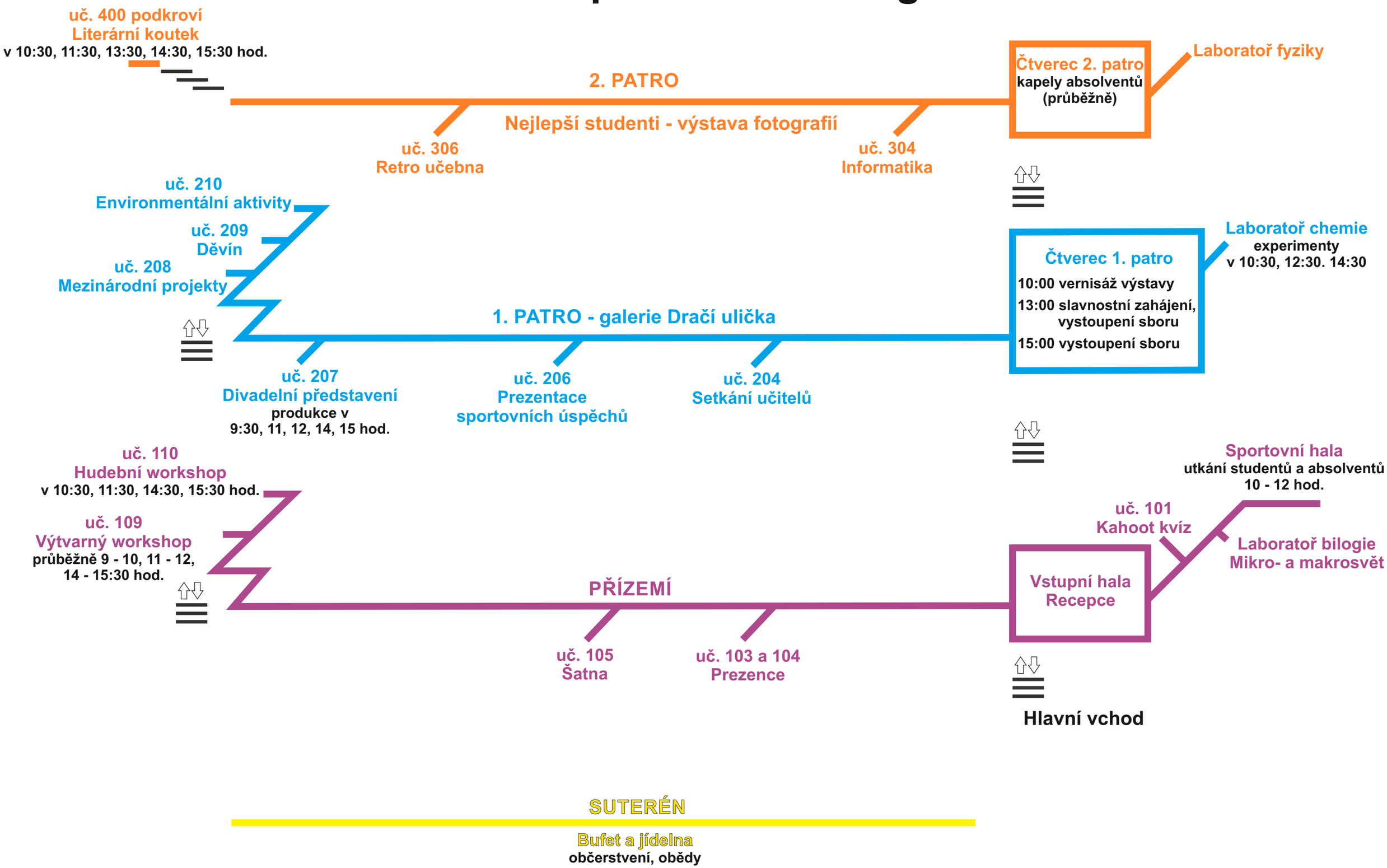Orientační plán a harmonogram