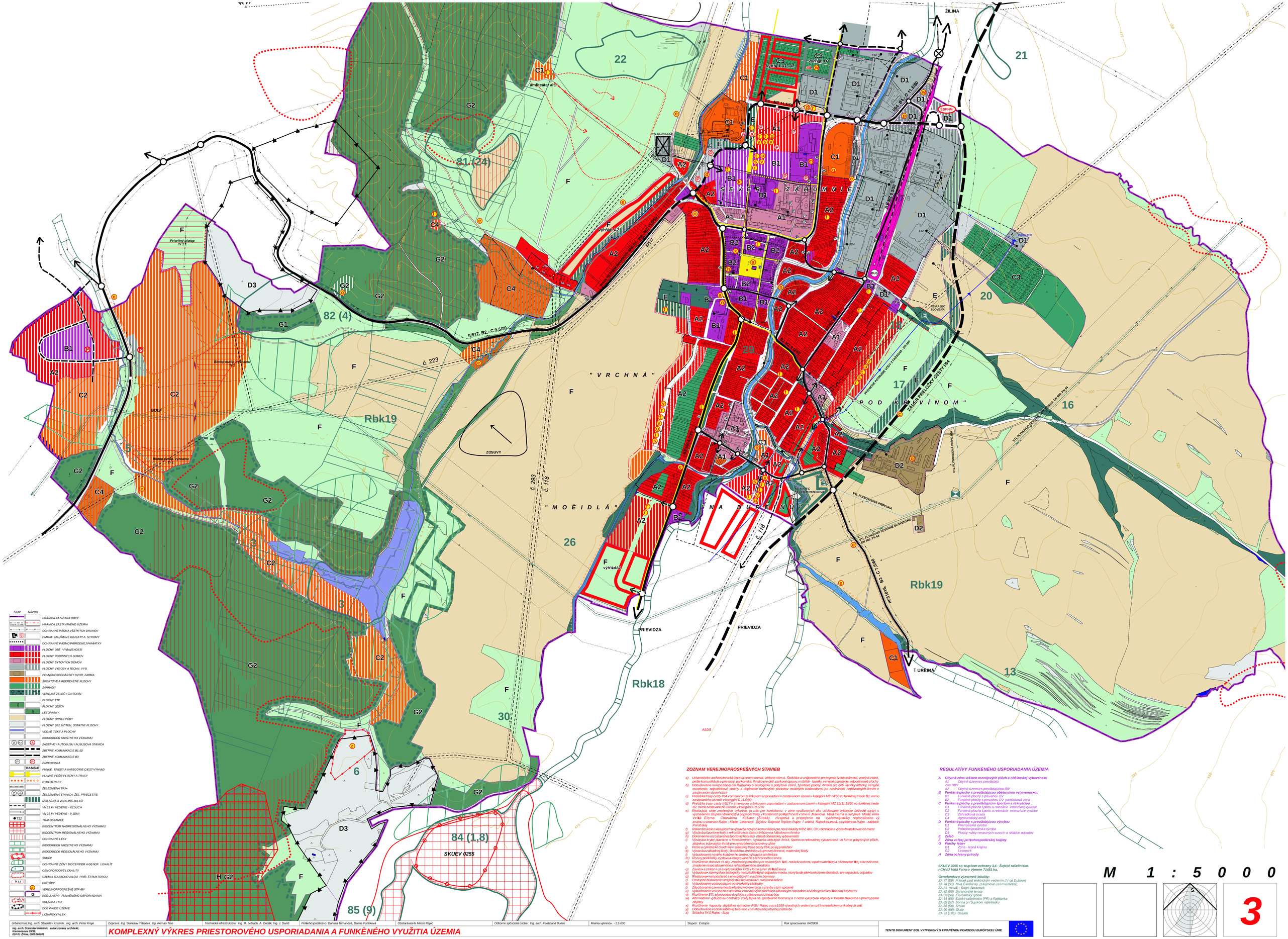Ú Z E M N Ý P L Á N M E S T A R A J E C