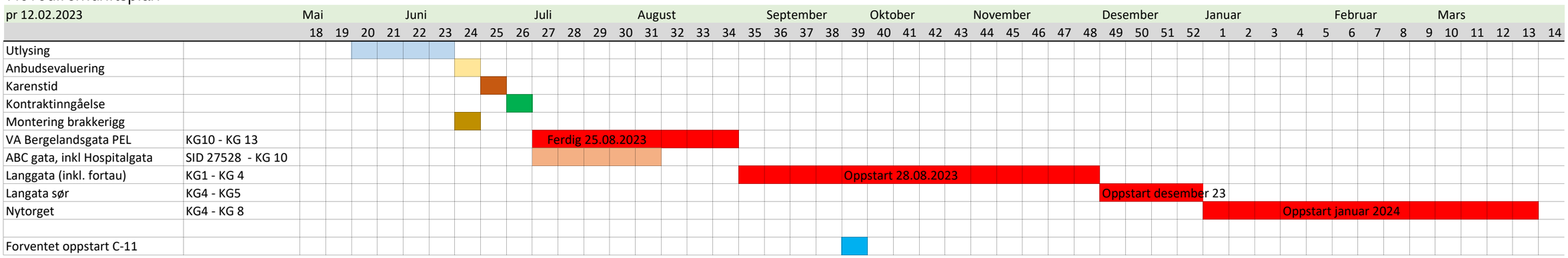Hovedfremdriftsplan