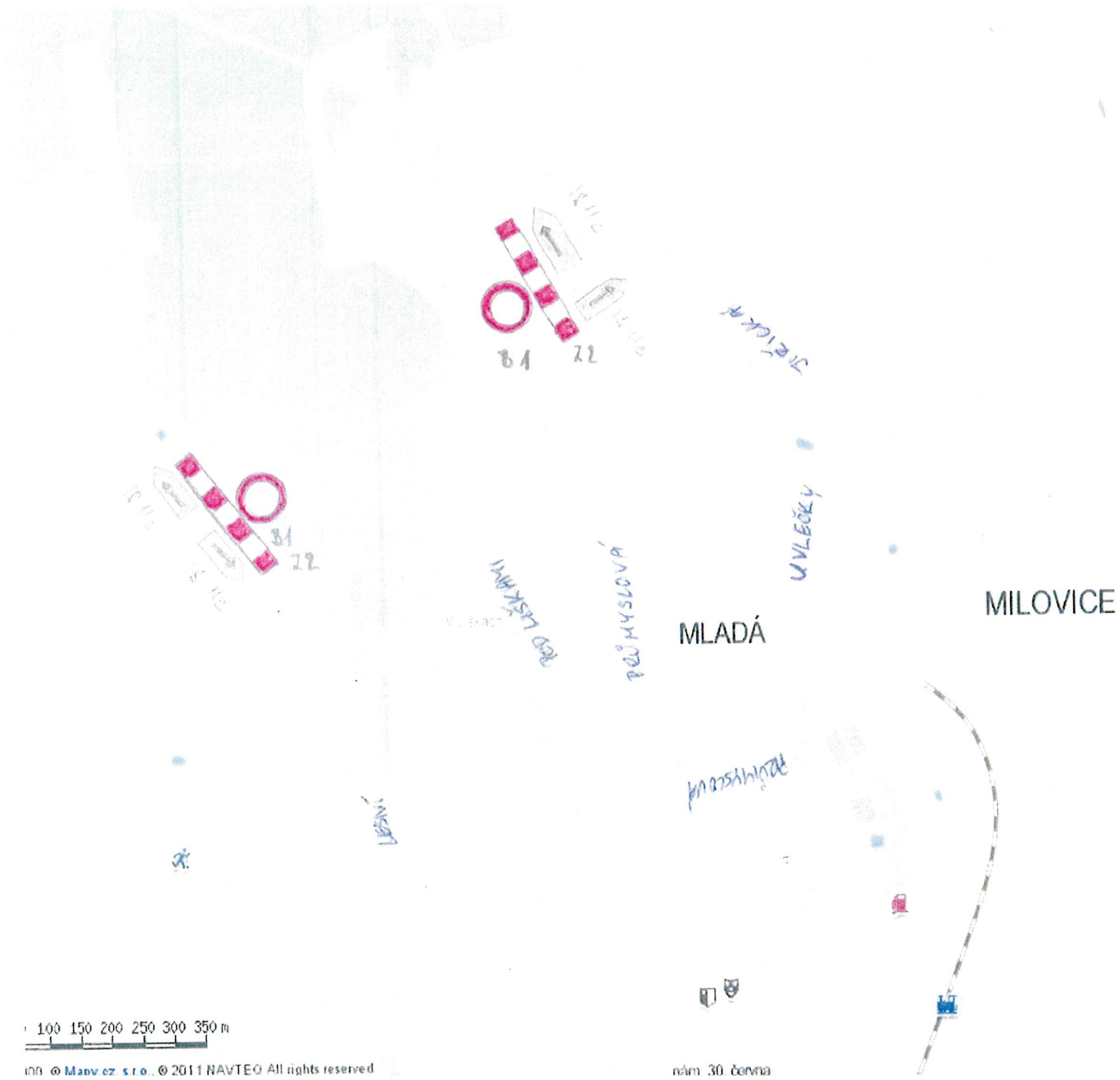Plán dopravního omezení