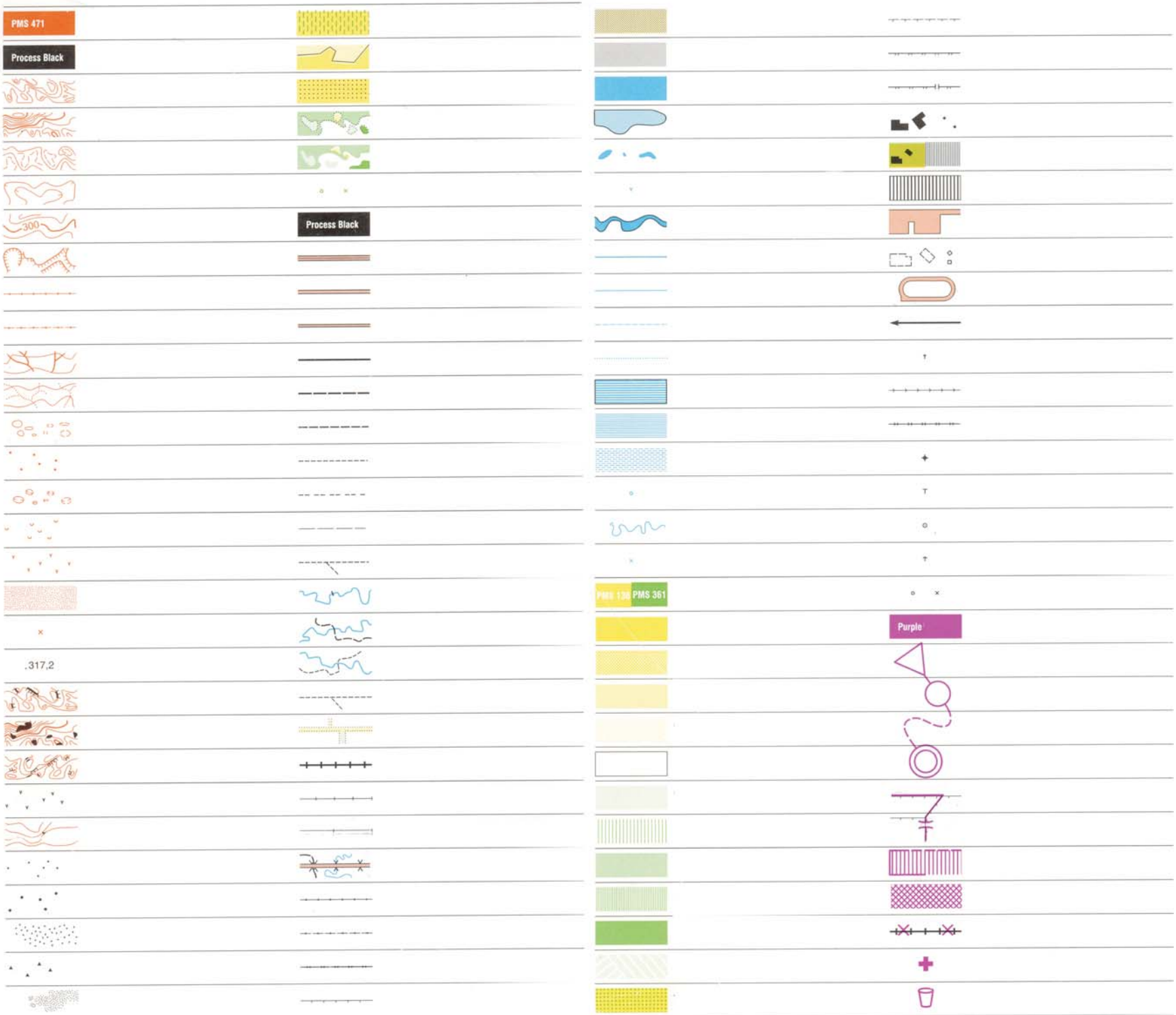Orienteerumiskaardi tingmärgid