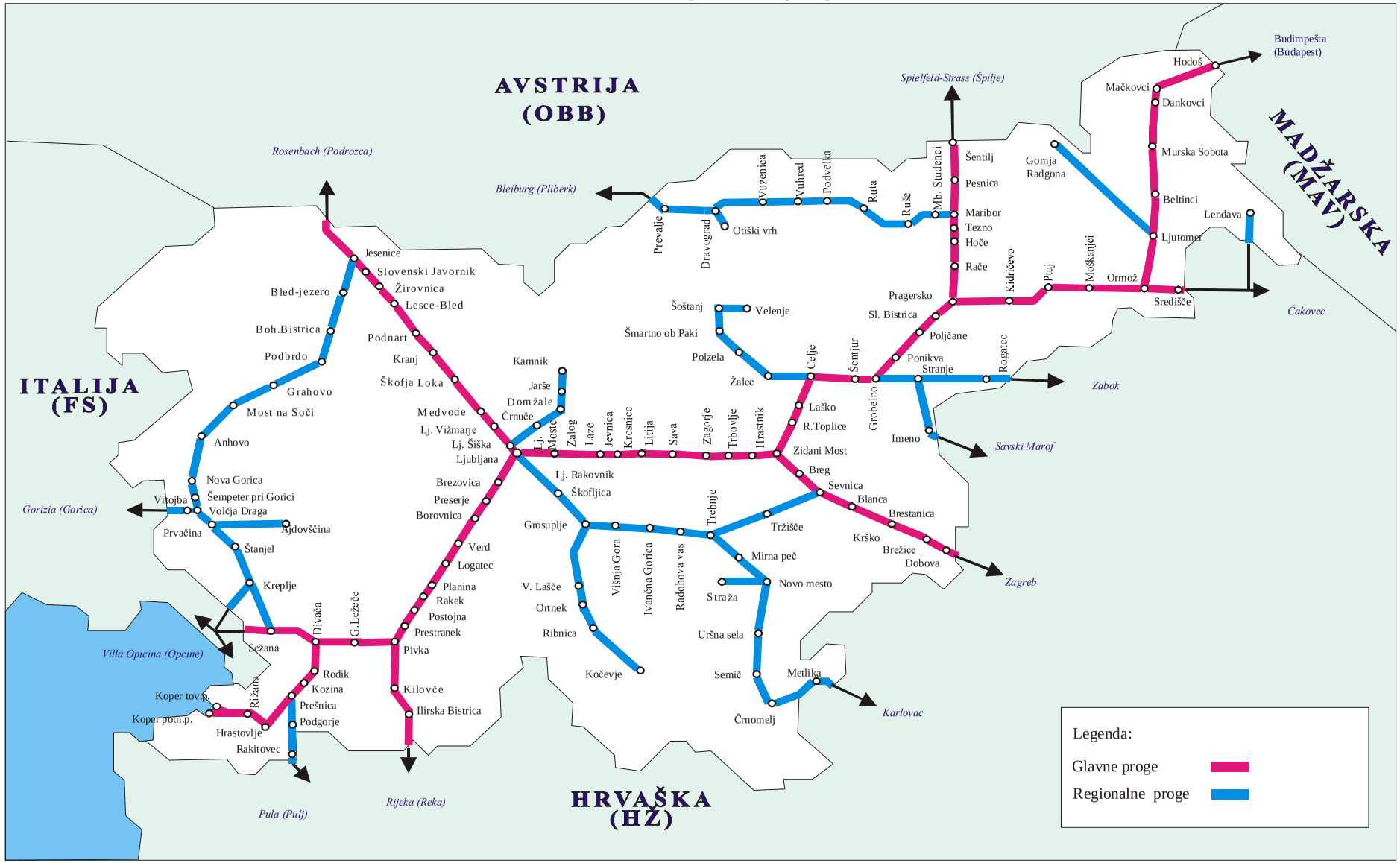Glavne in regionalne proge