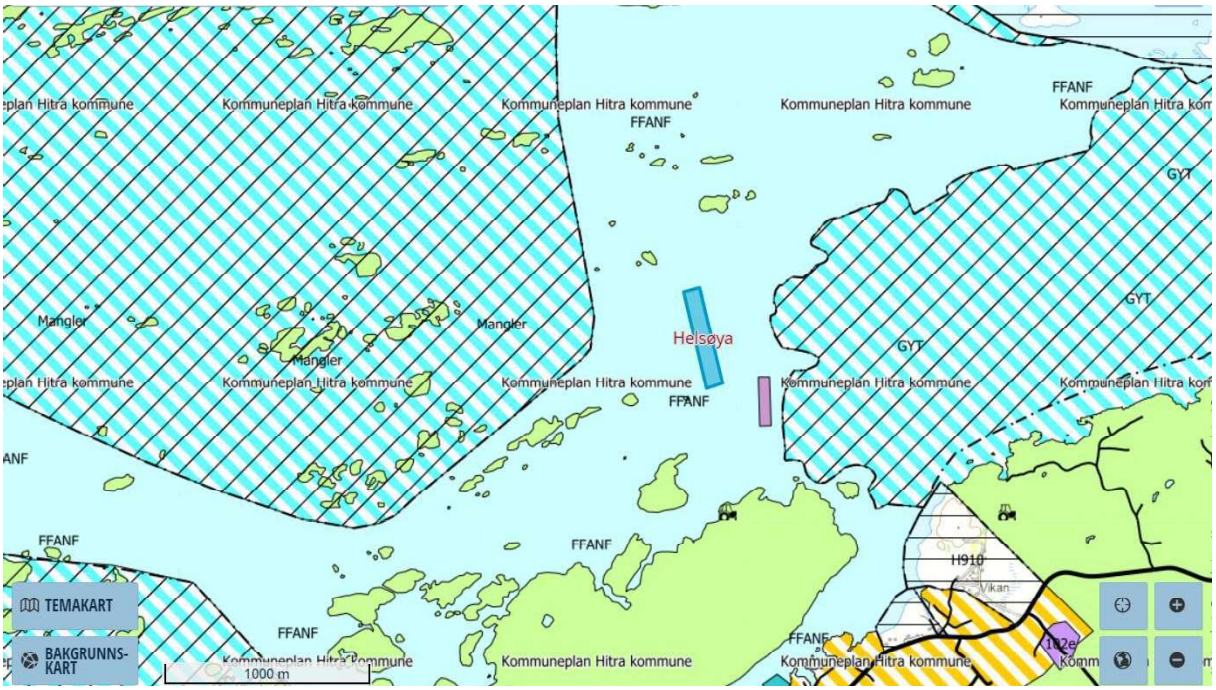Arealplan Hitra kommune