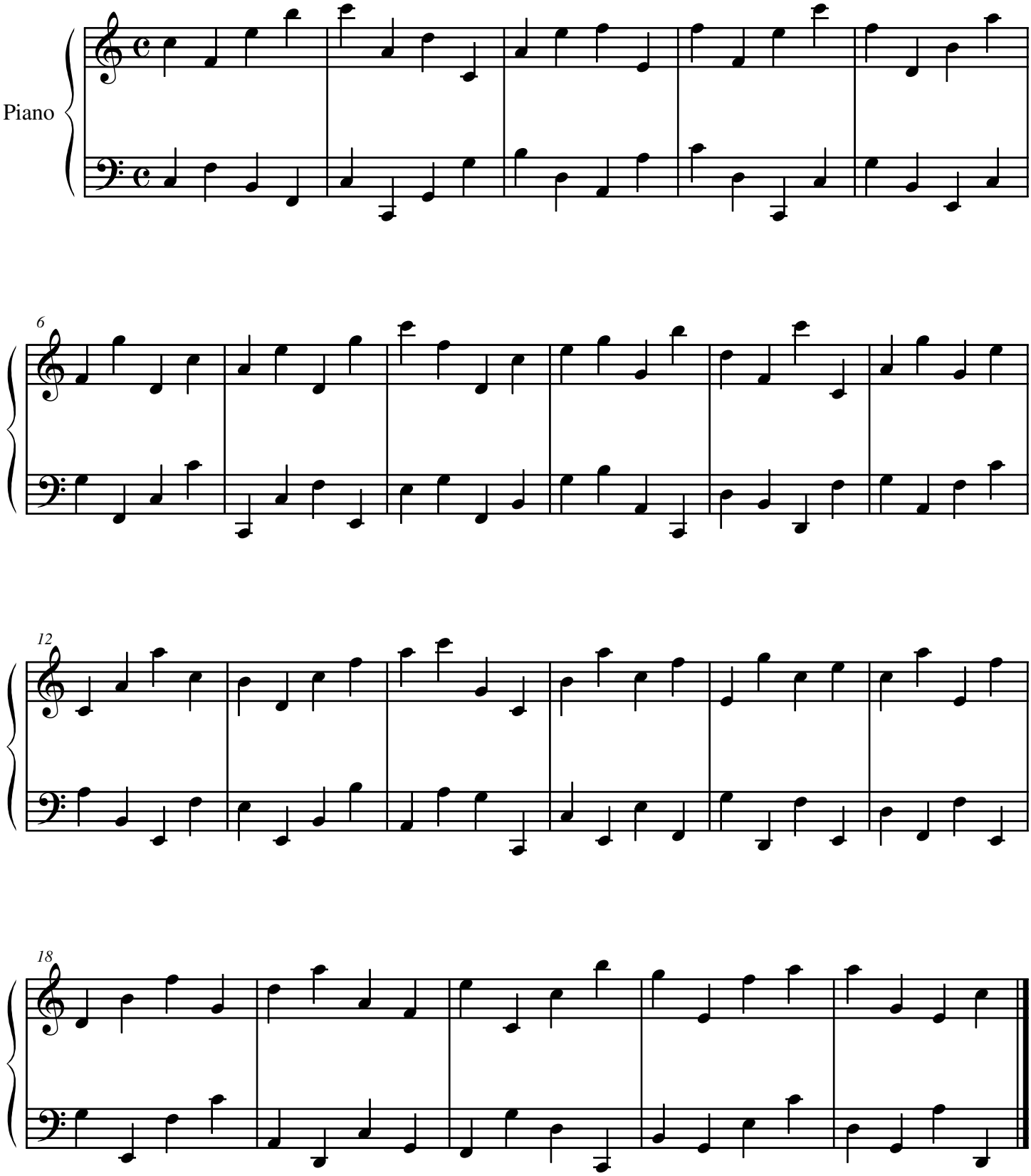cvičení