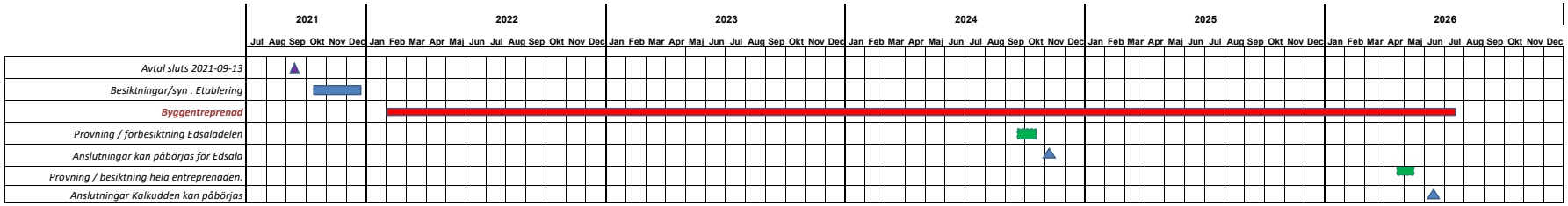Edsala Kalkudden tidplan med etappindelning