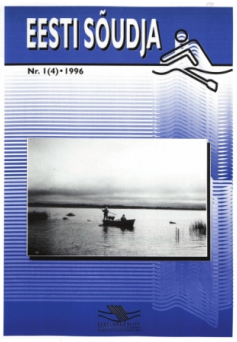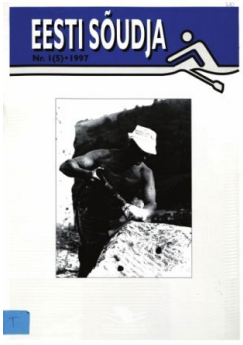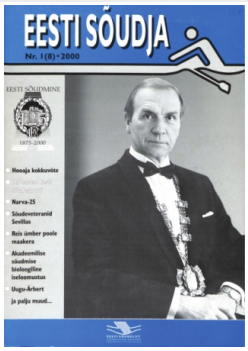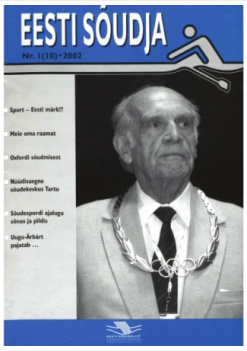Ajakiri Eesti Sõudja