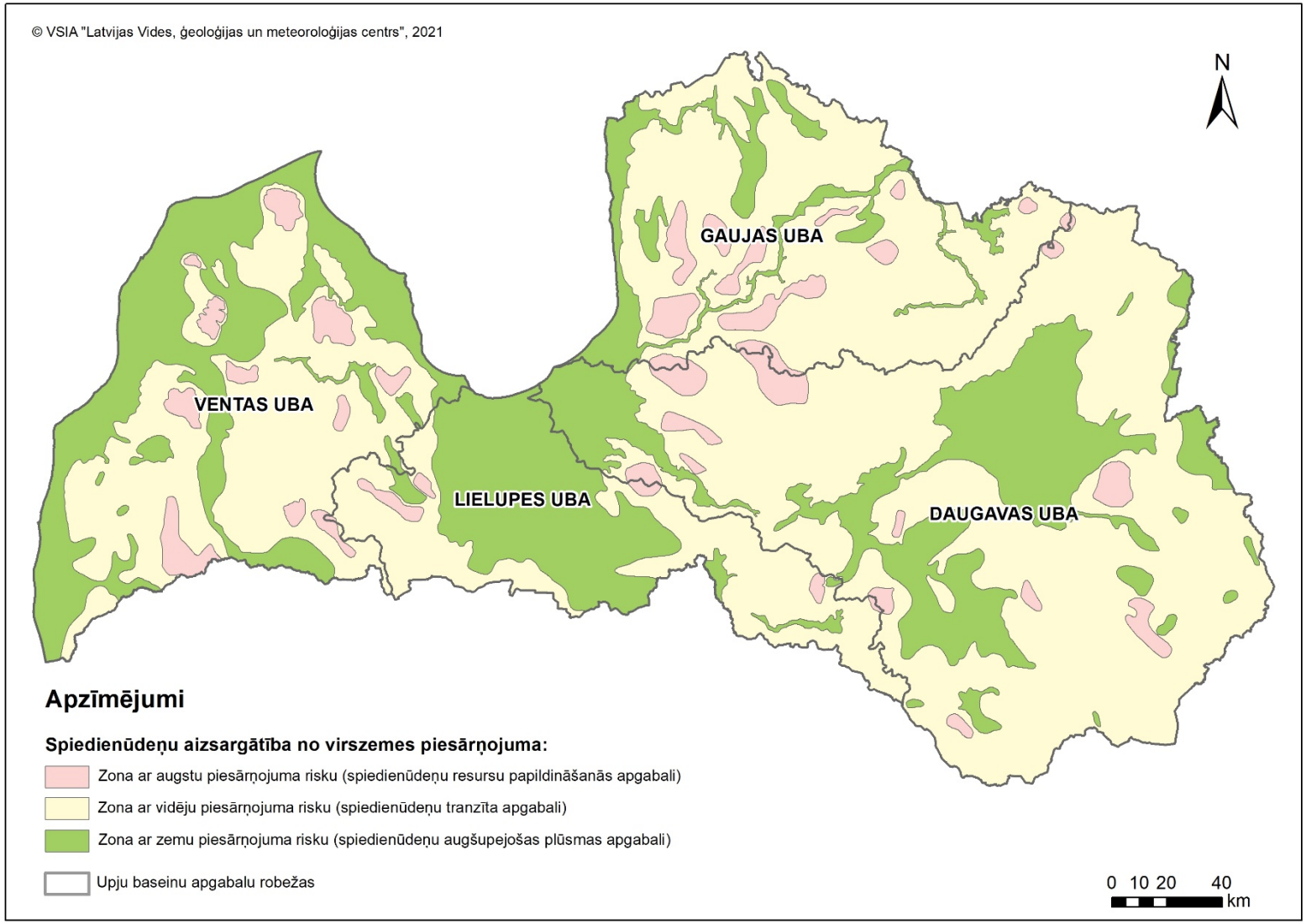Spiedienūdeņu dabiskās aizsargātības karte