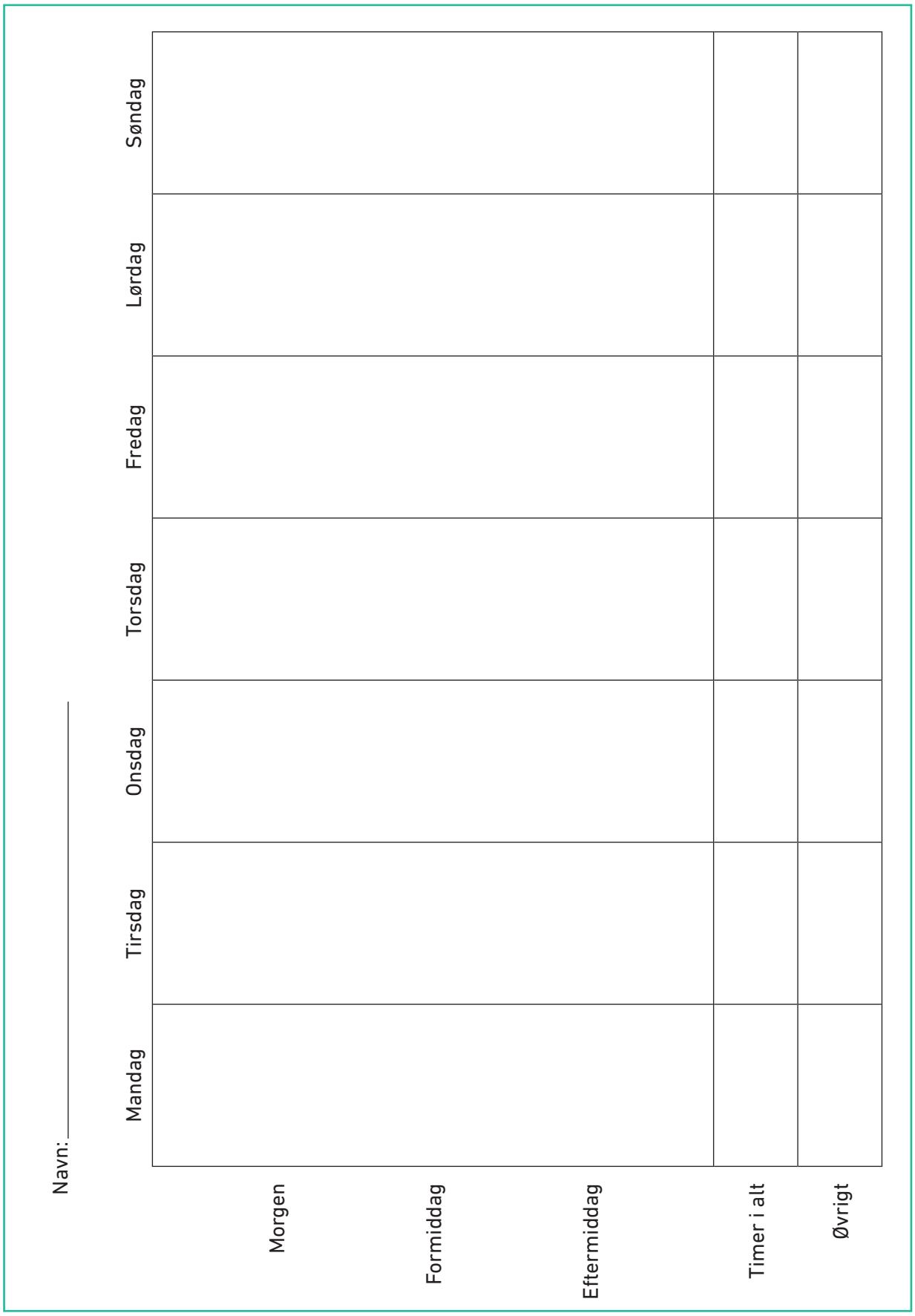Antal timer og indsatser i arbejdspligten