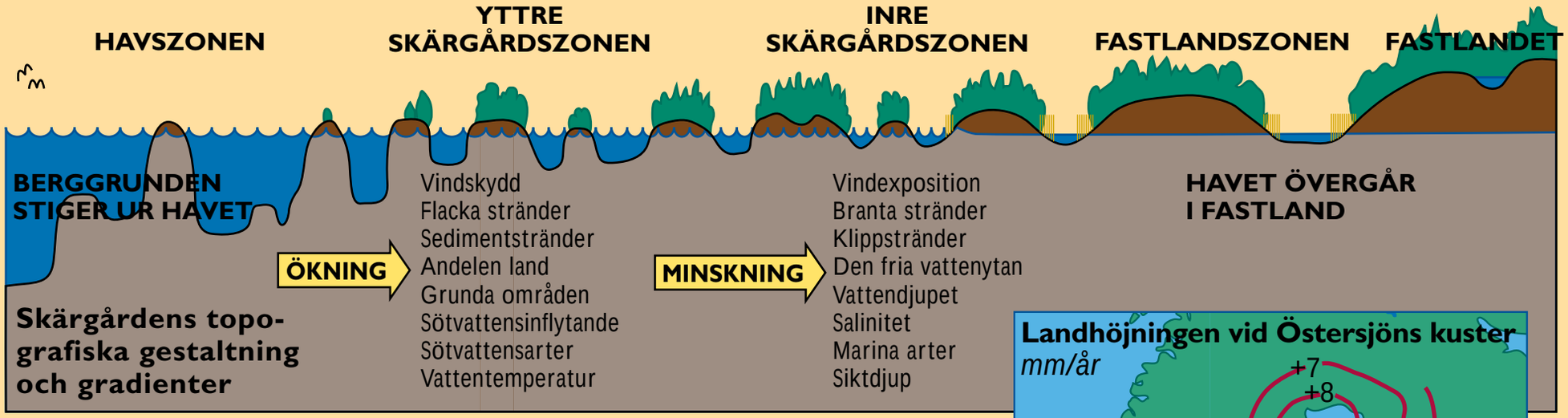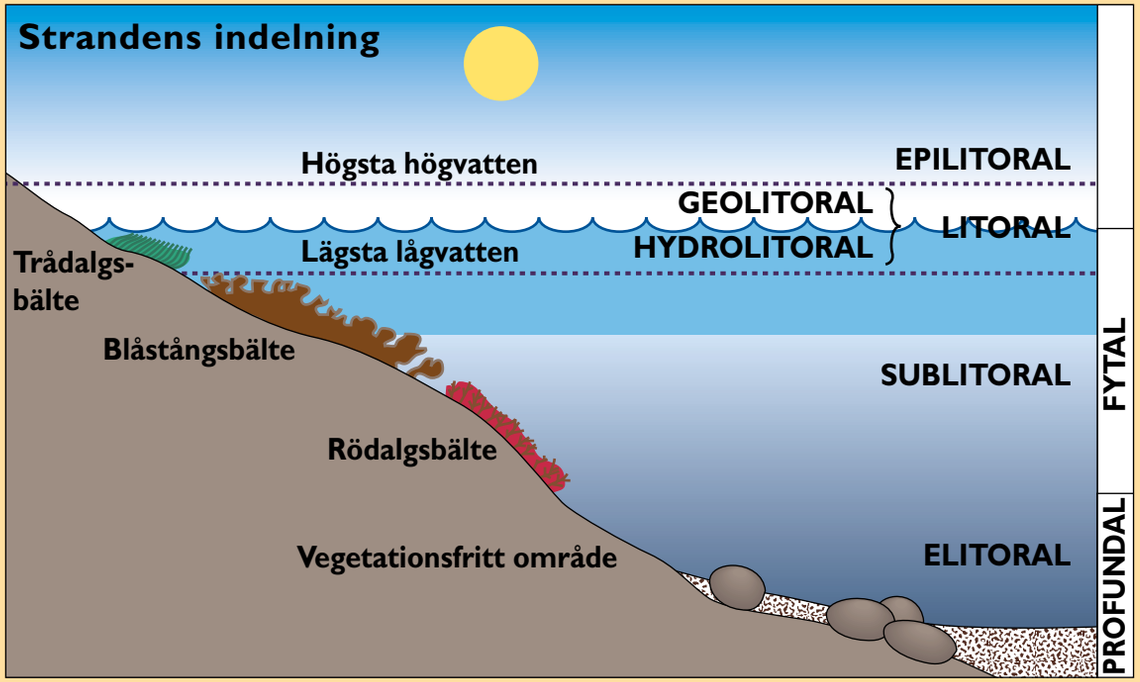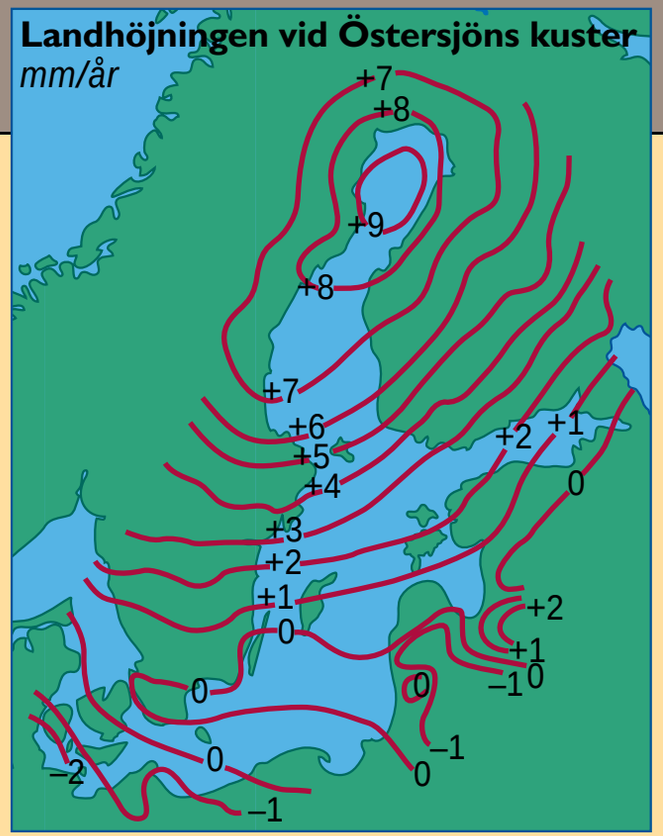8. SKÄRGÅRDEN, LANDHÖJNINGEN OCH STRANDENS INDELNING