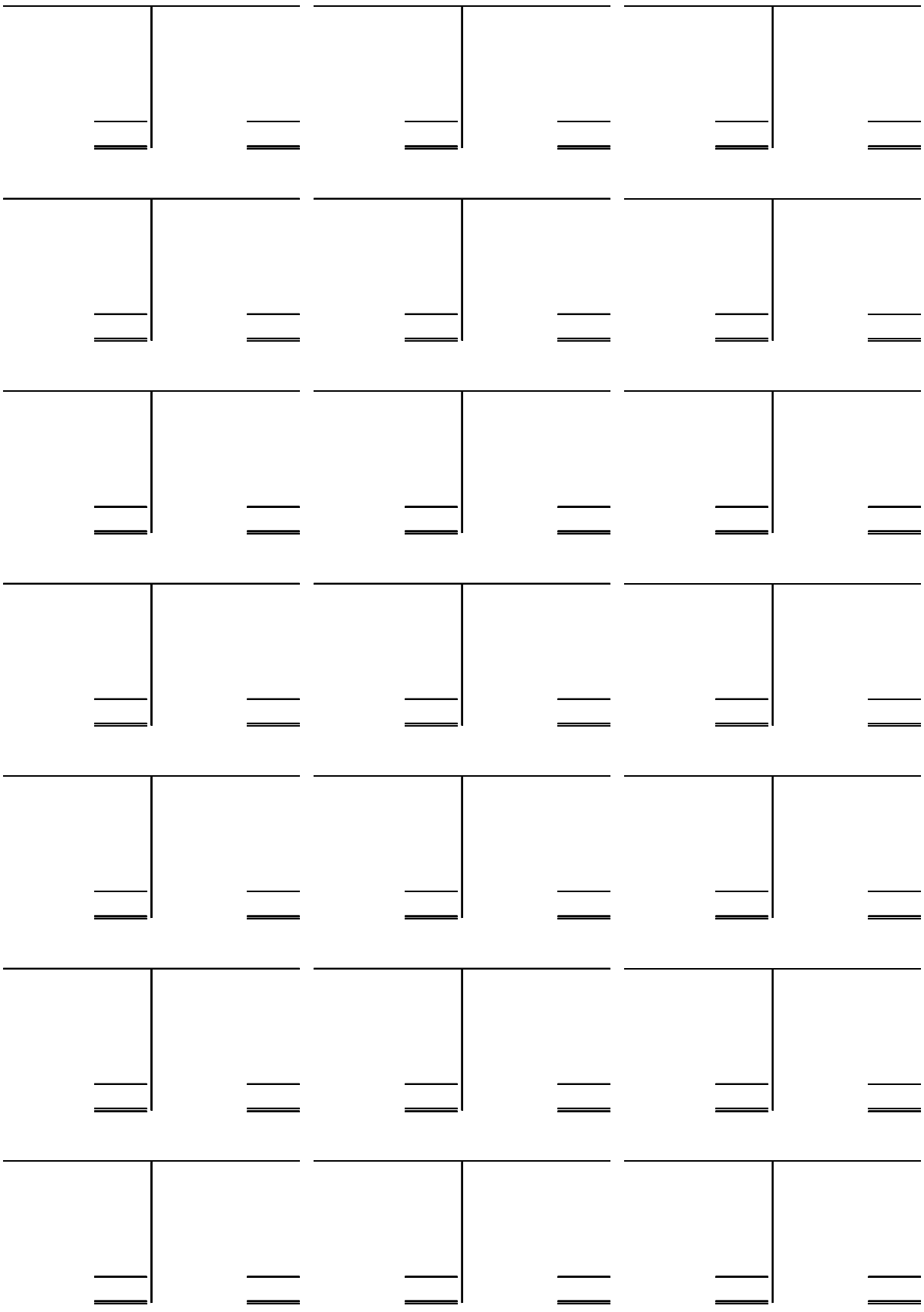Kontenblatt