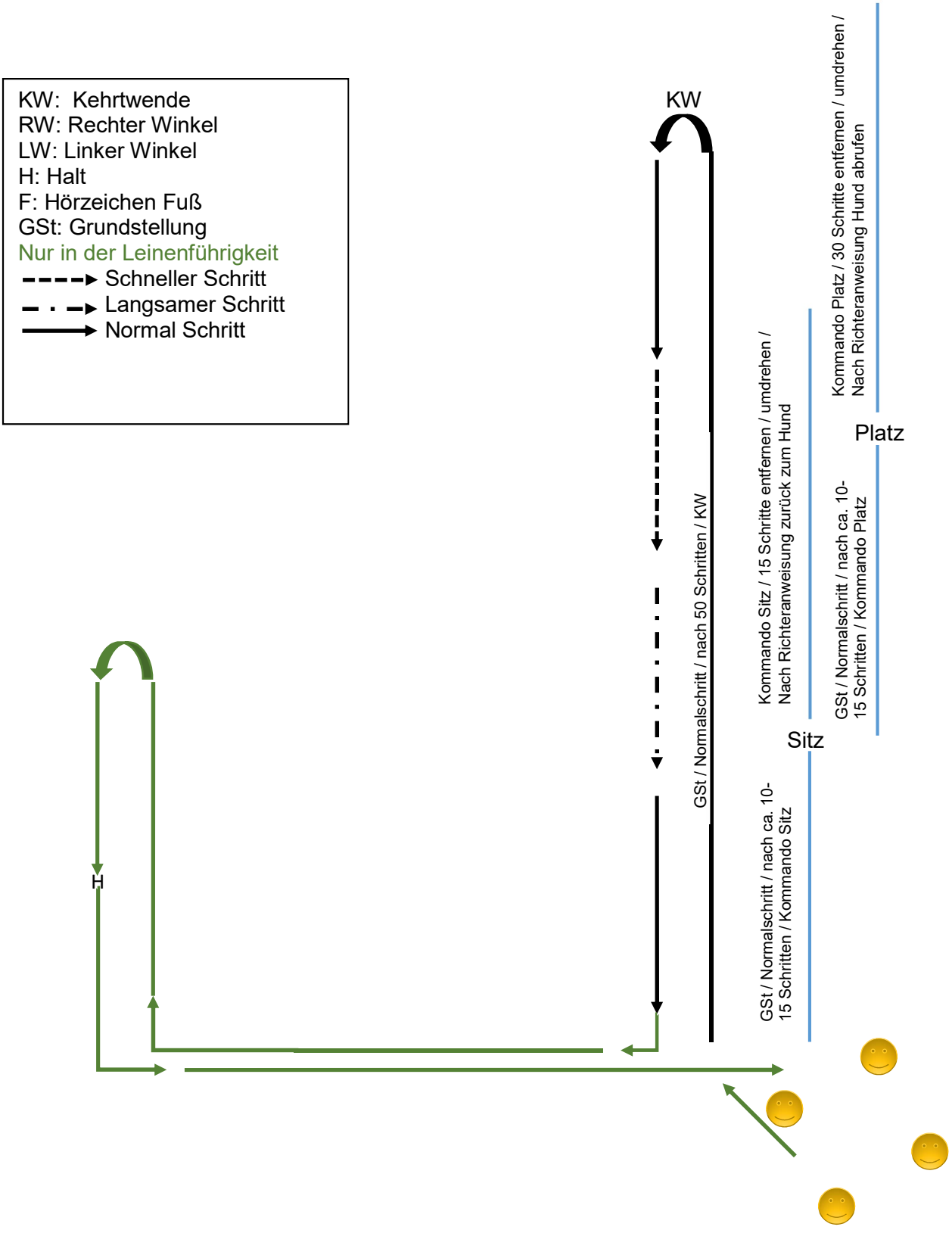Das Laufschema