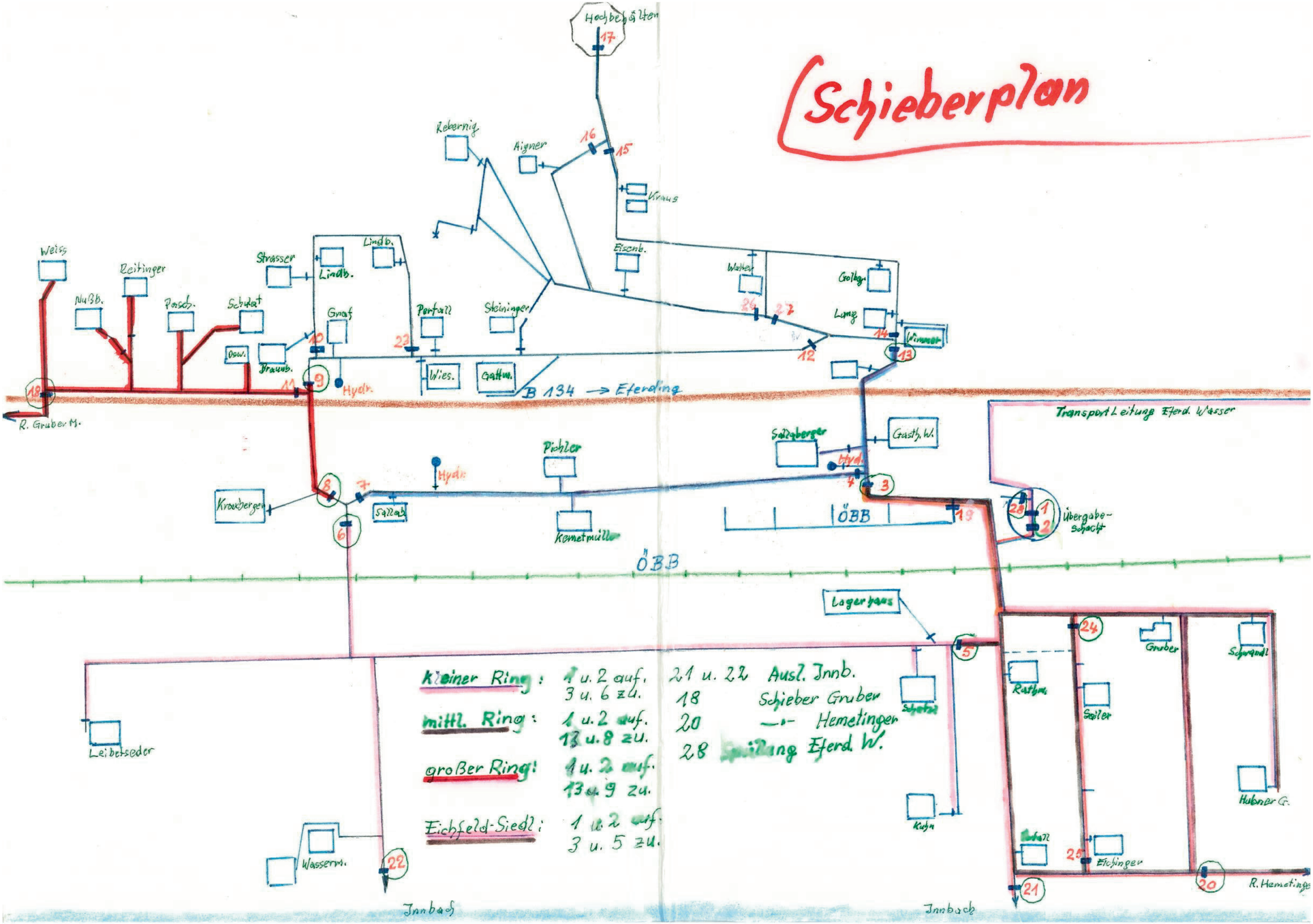Schieberplan