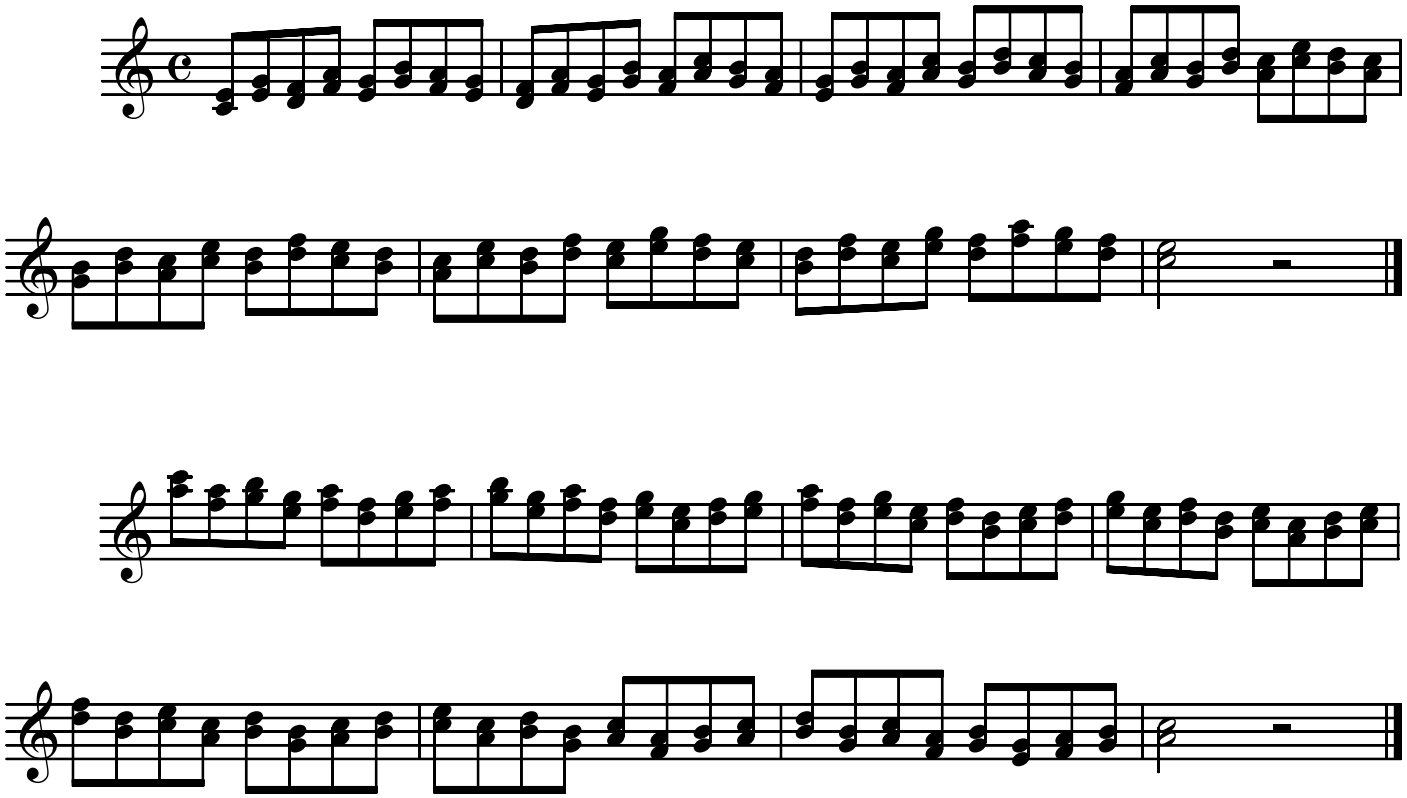Tägliche Übungen 2d