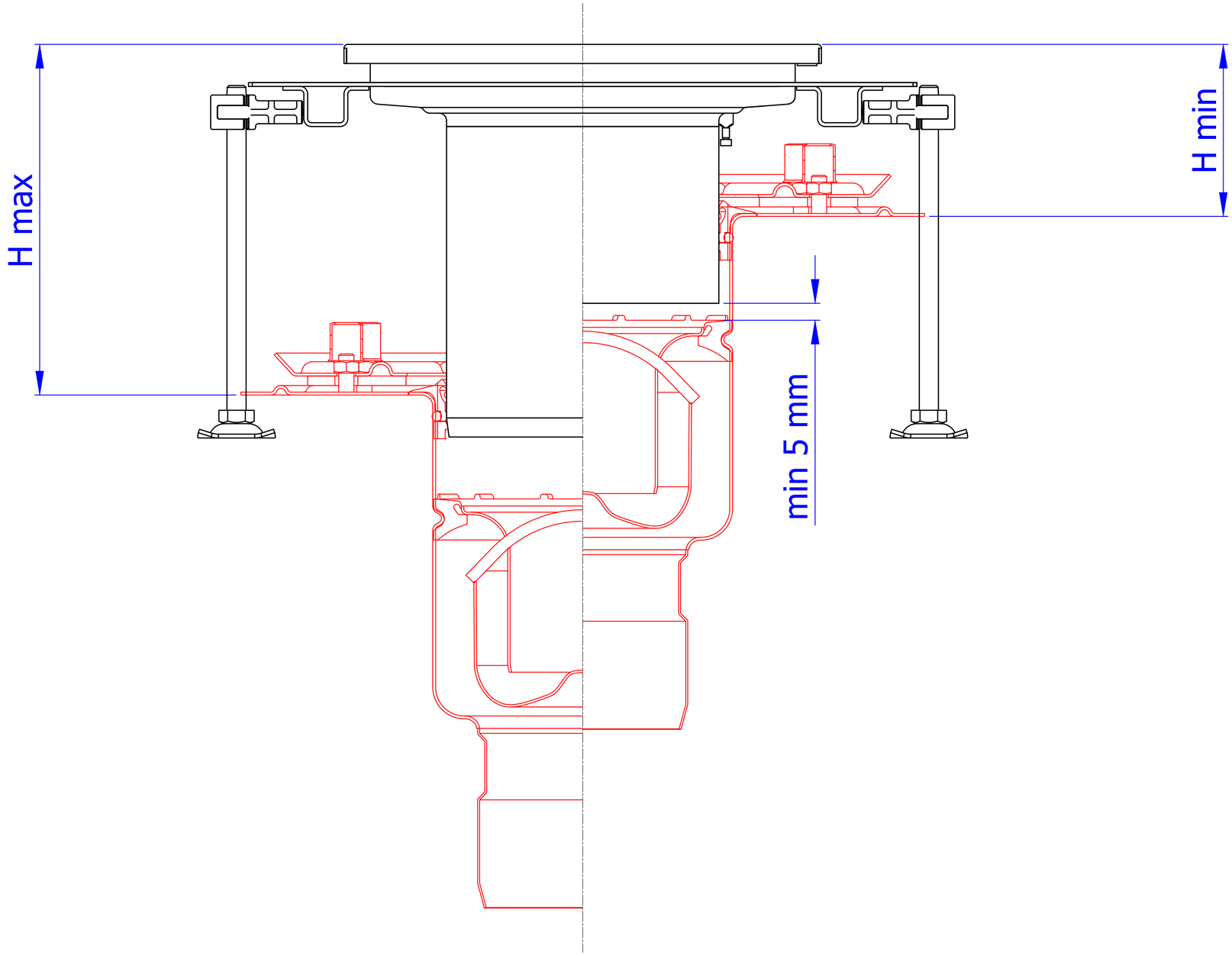Bodenablauf