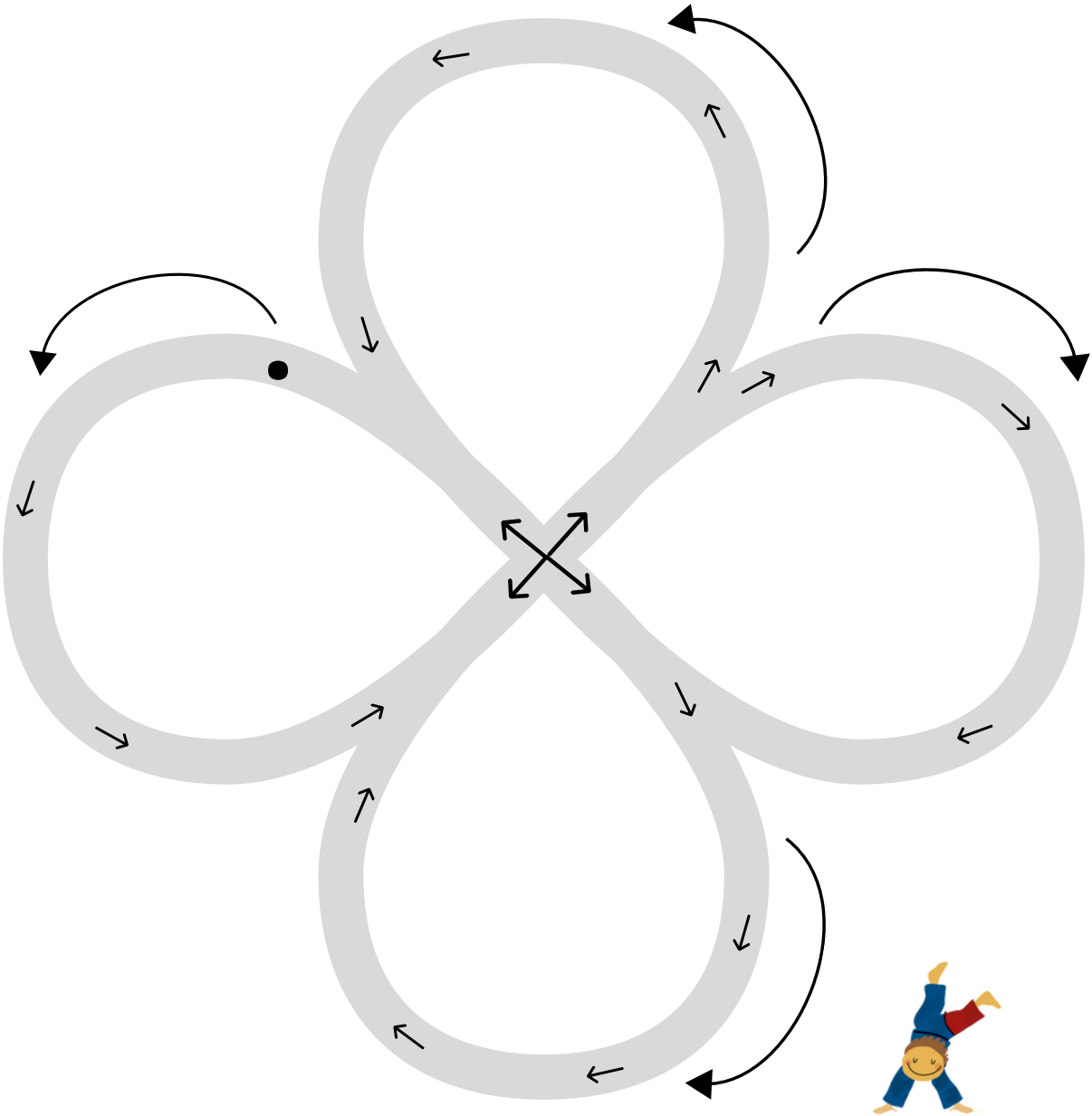Spure nach