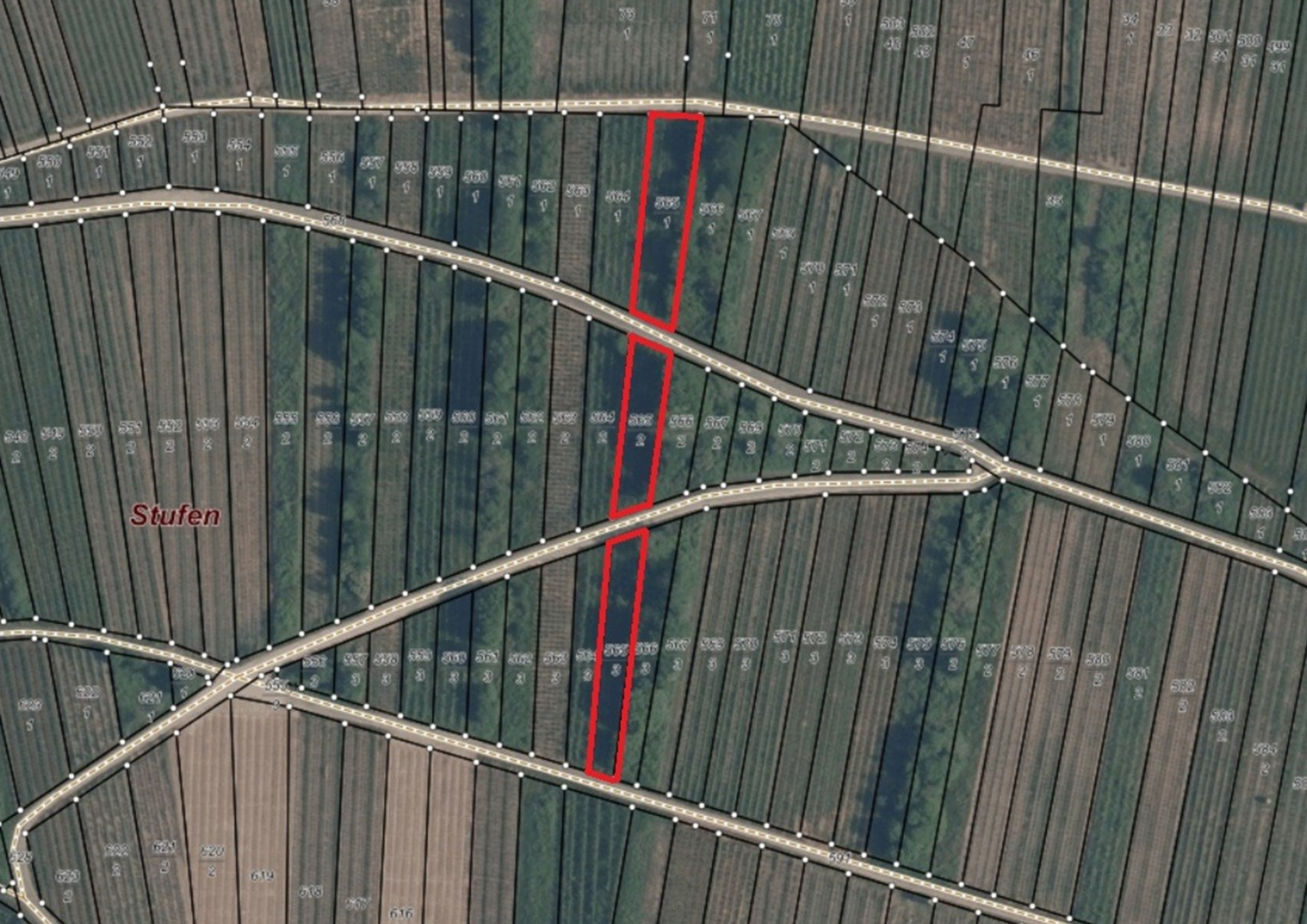
Stufen