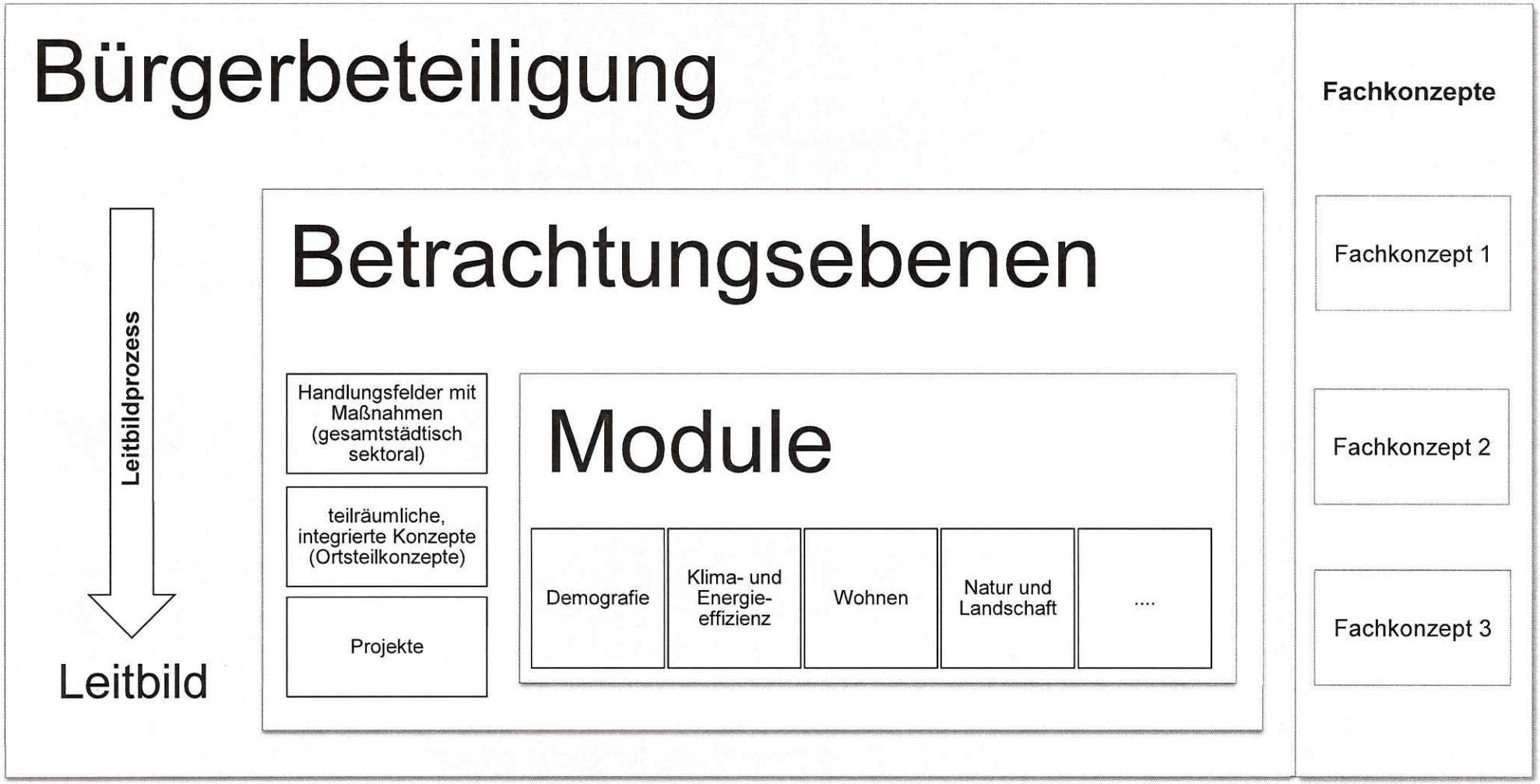Bausteine und Inhalte