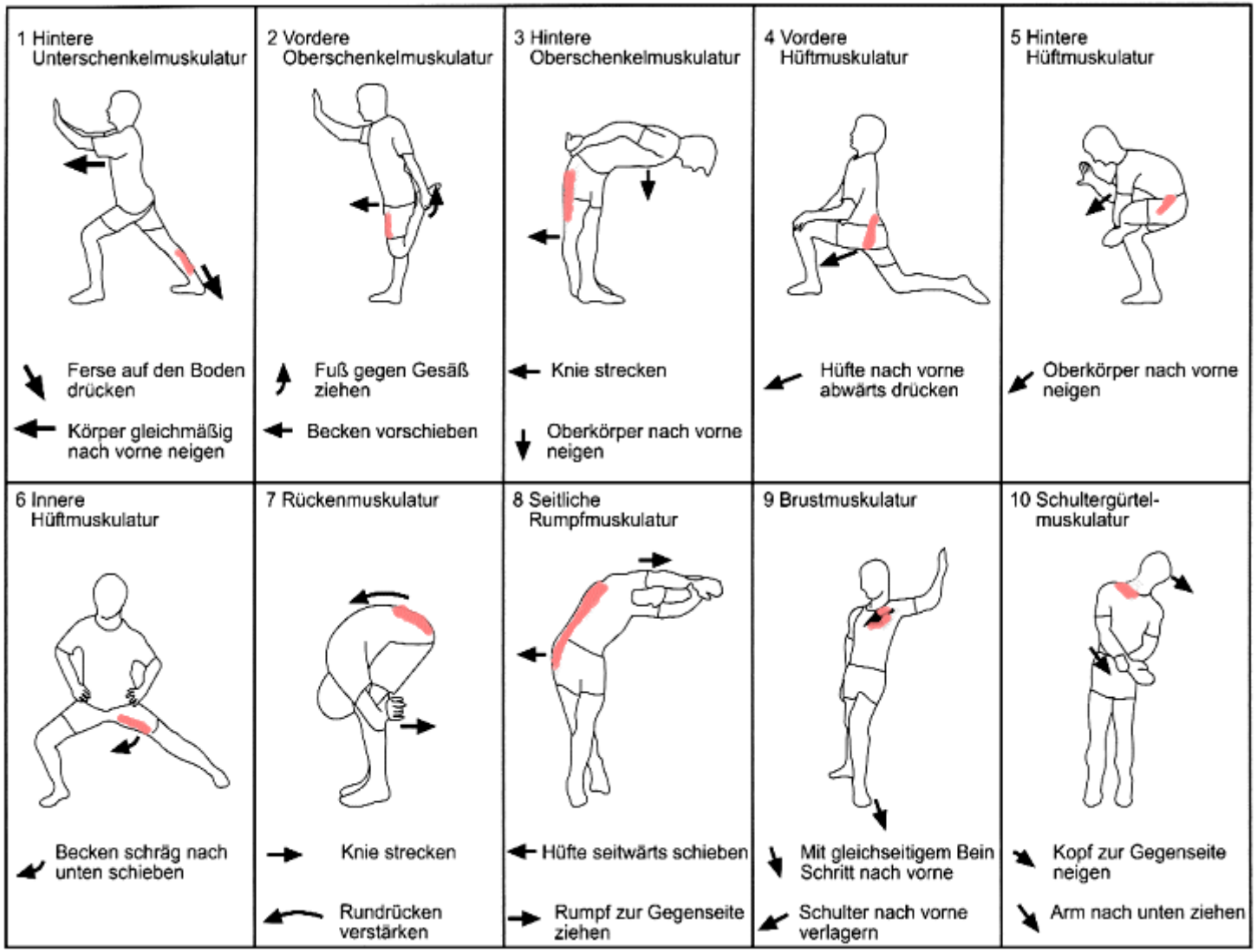Basisdehnprogramm (Weineck)