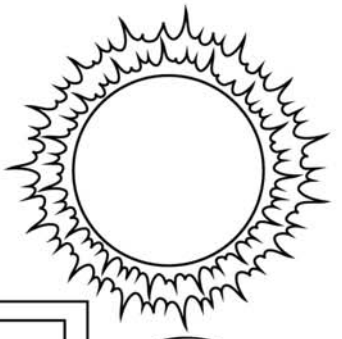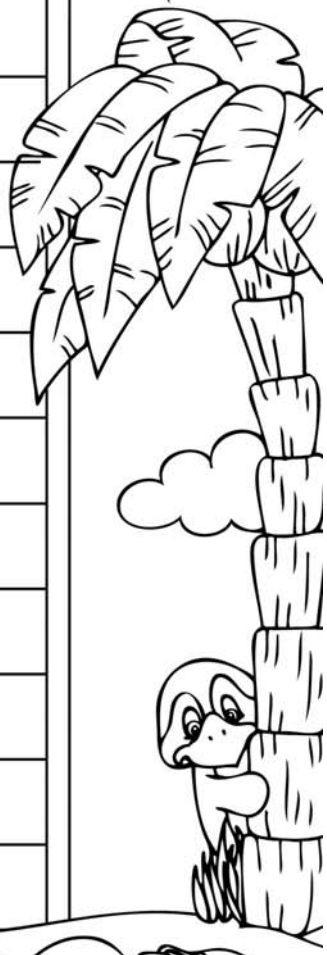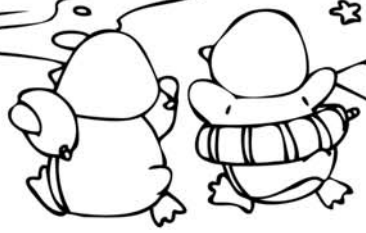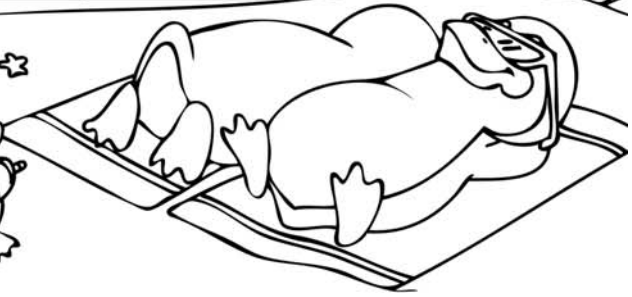Stundenplan