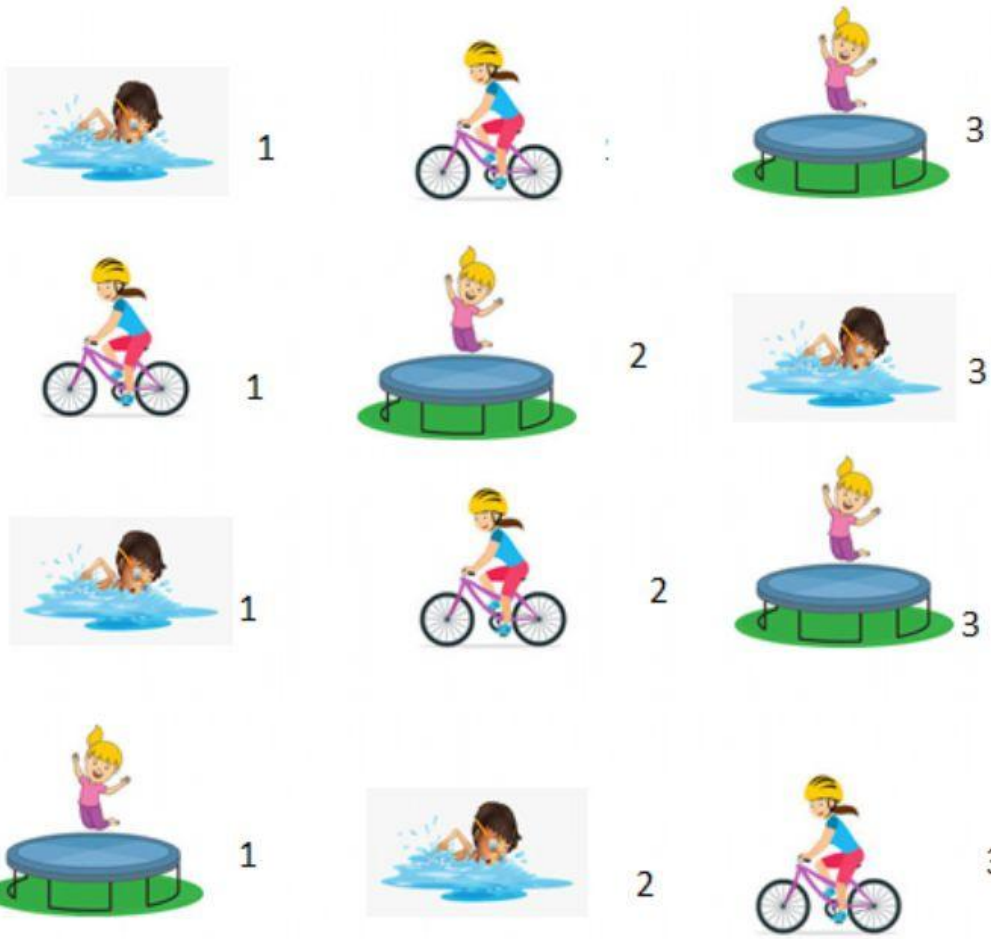tägliche Aktivitäten