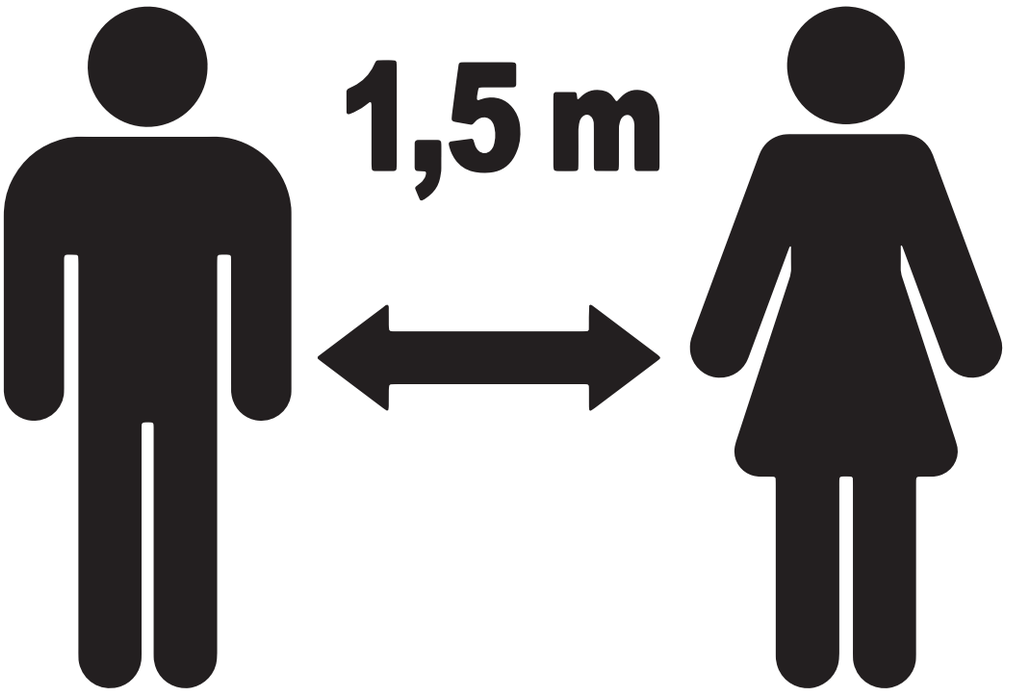BITTE ABSTAND HALTEN!