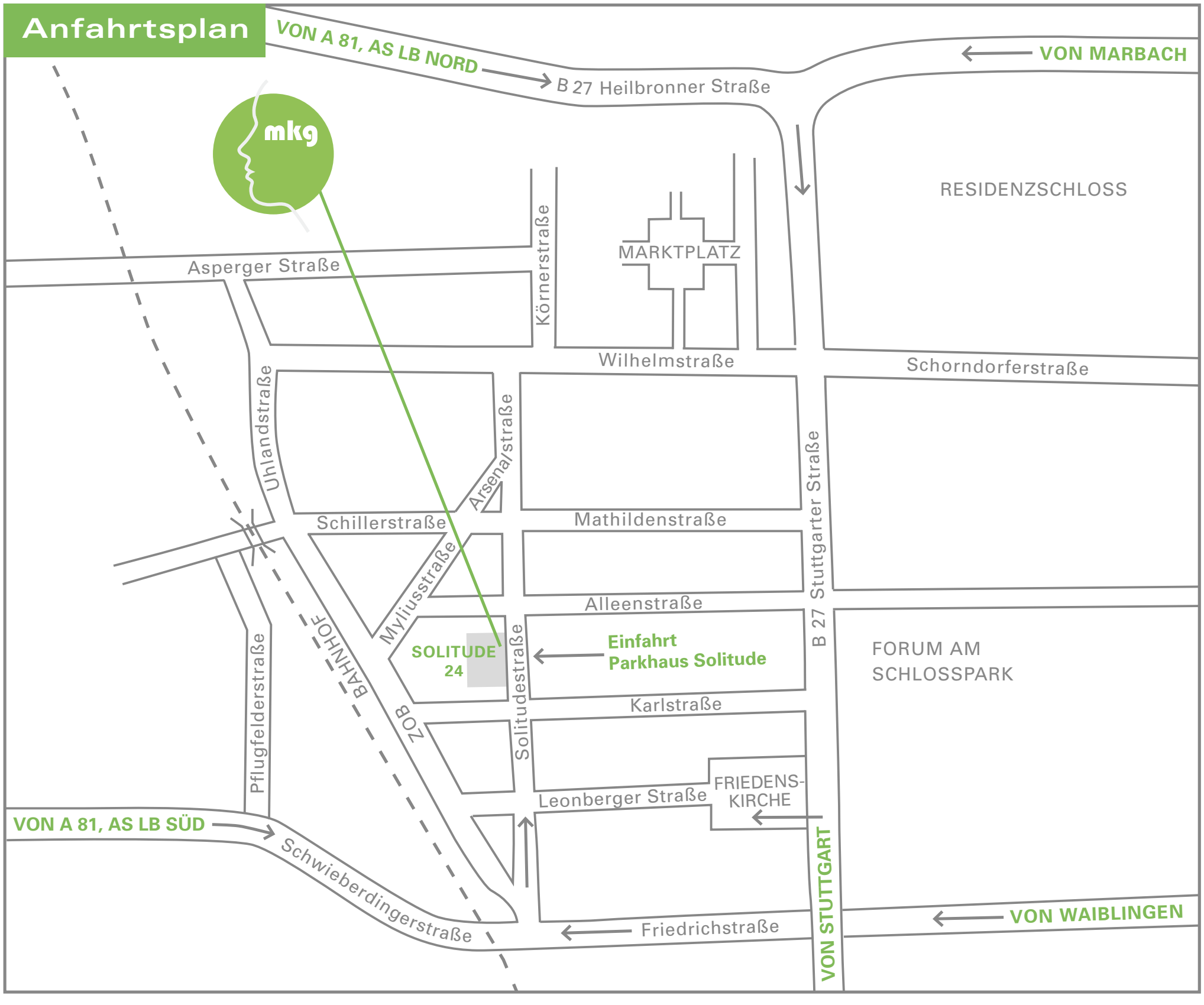Anfahrtsplan