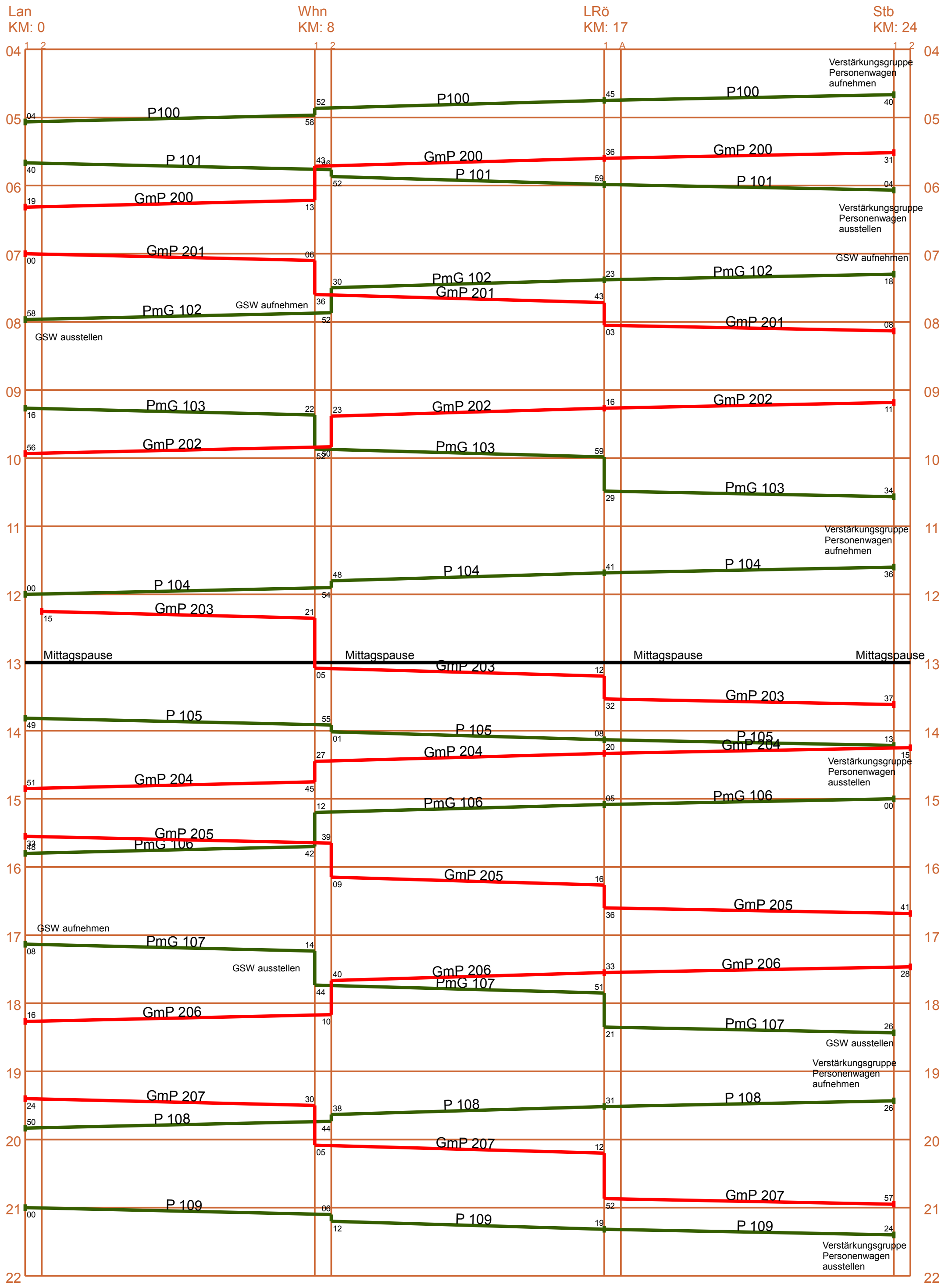Lanken – Steyrbach Zeittakt 1/3