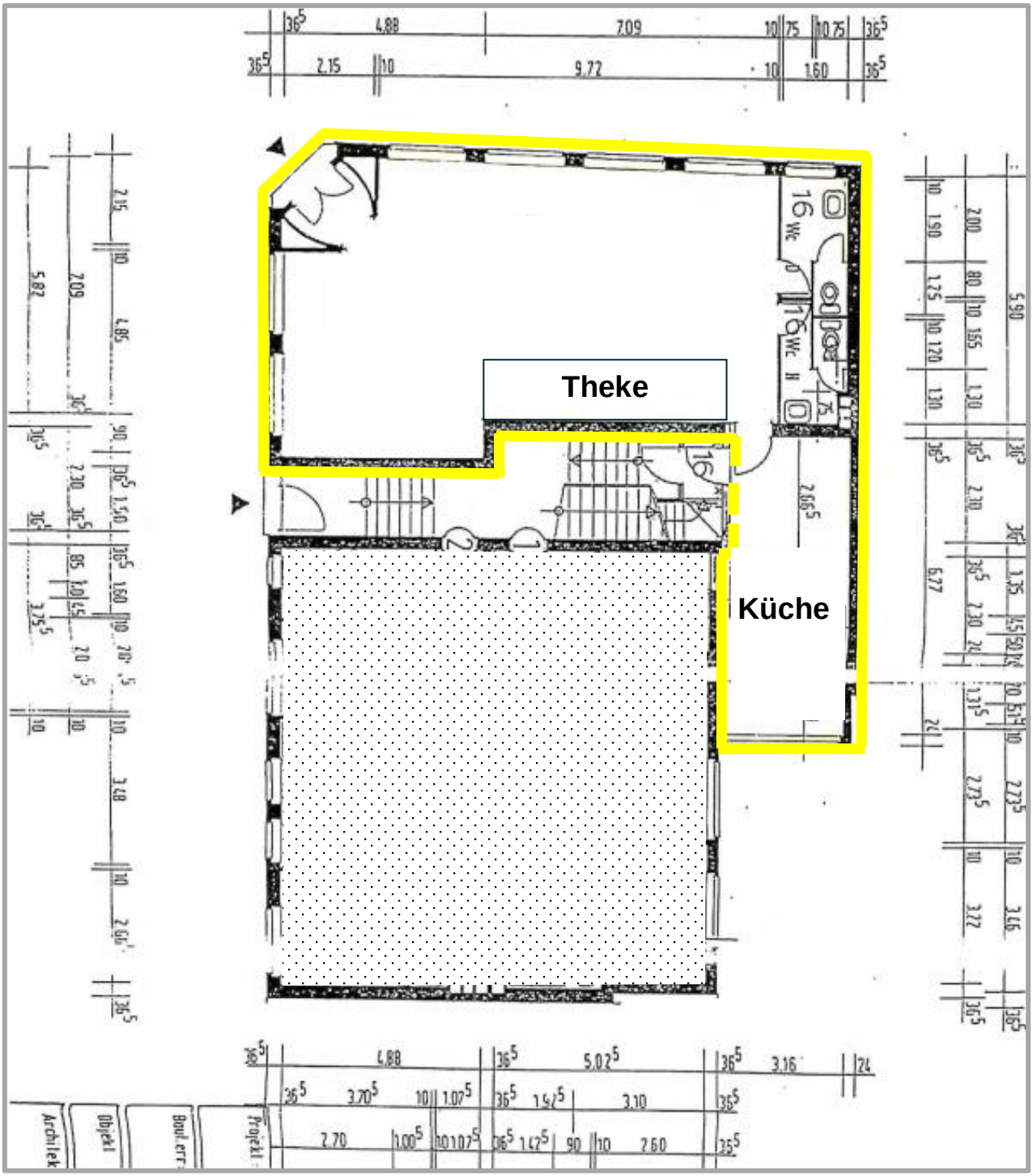GRUNDRISS