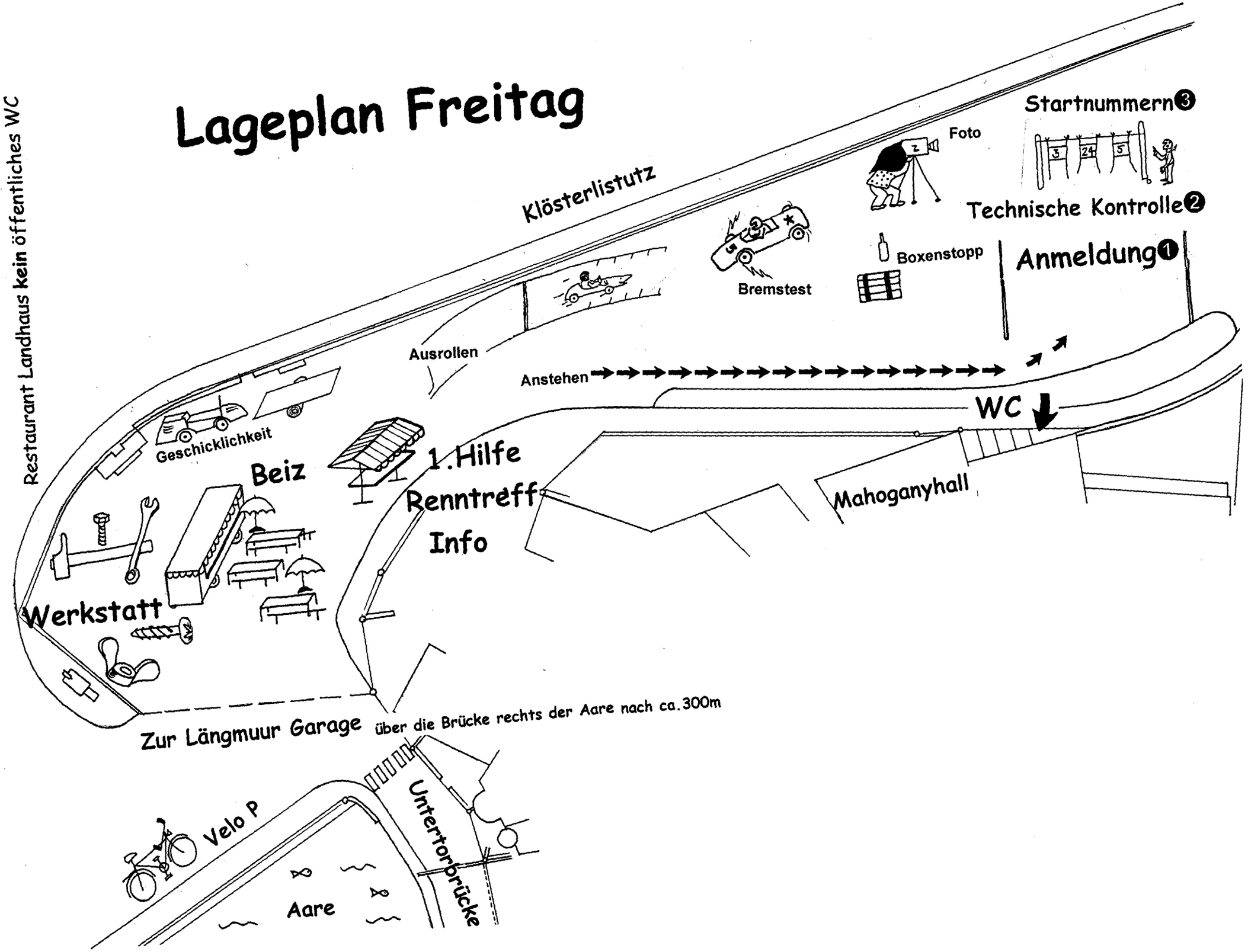Lageplan Freitag