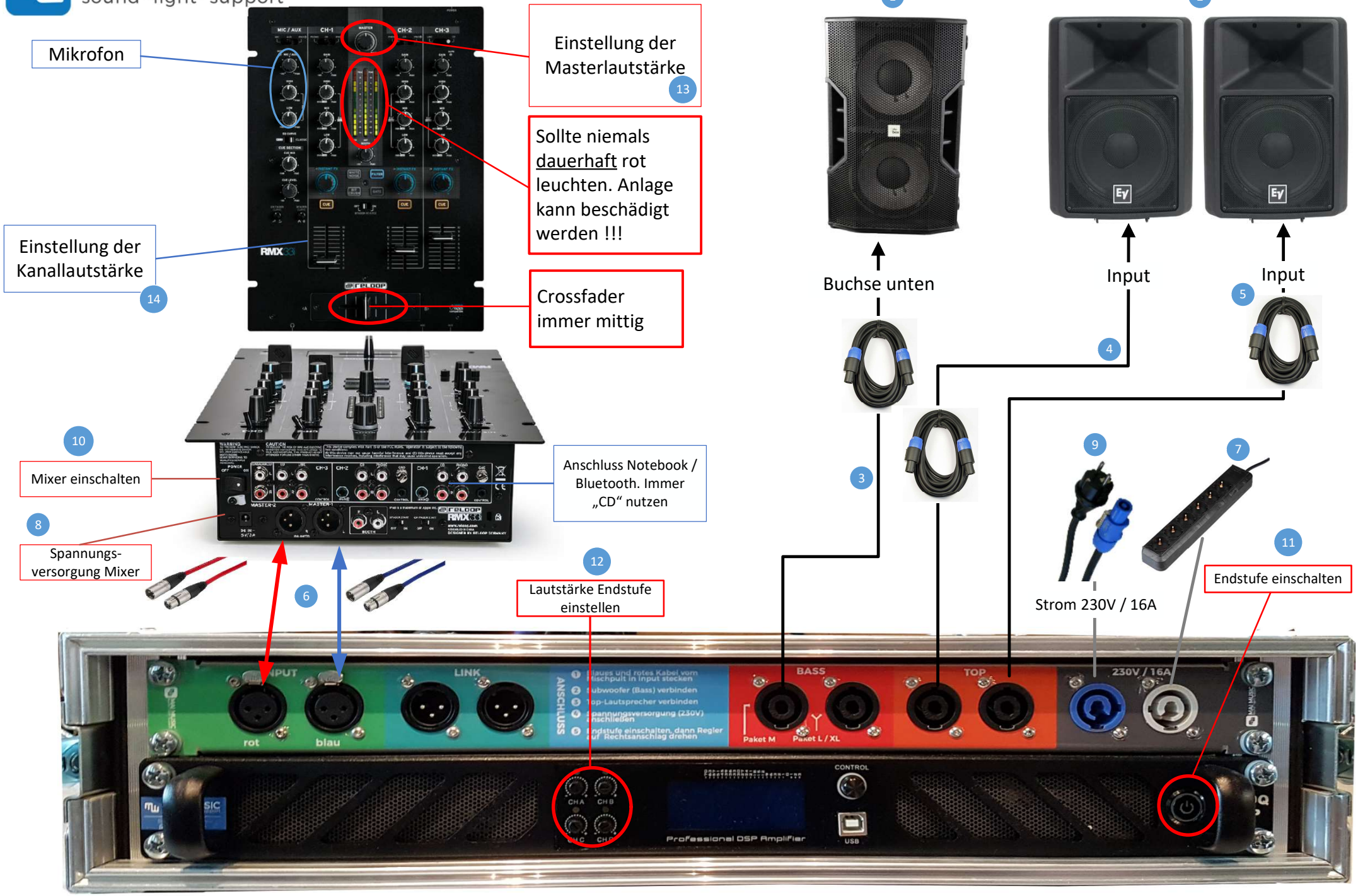Anschlussplan Paket-M