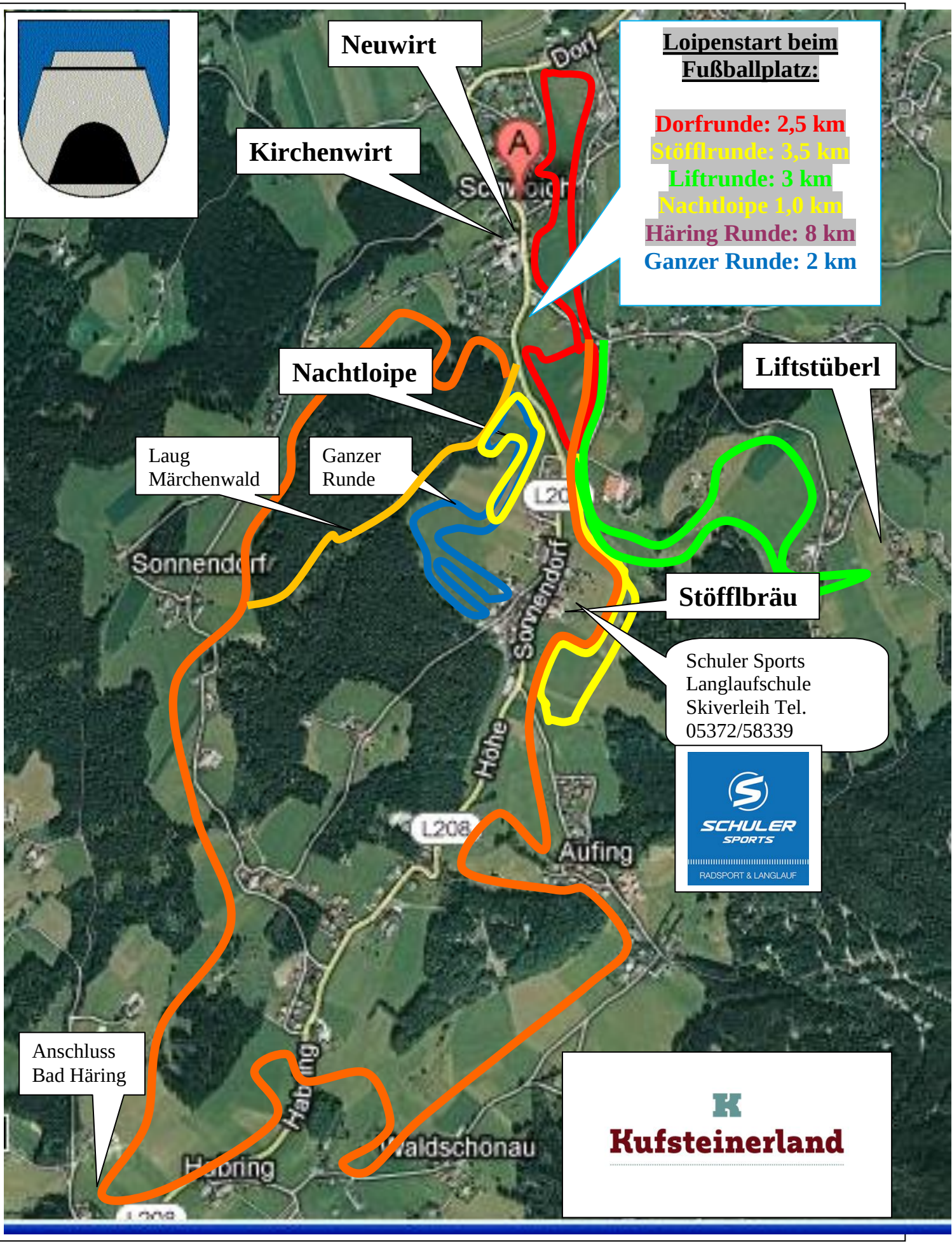Loipenplan Schwoich