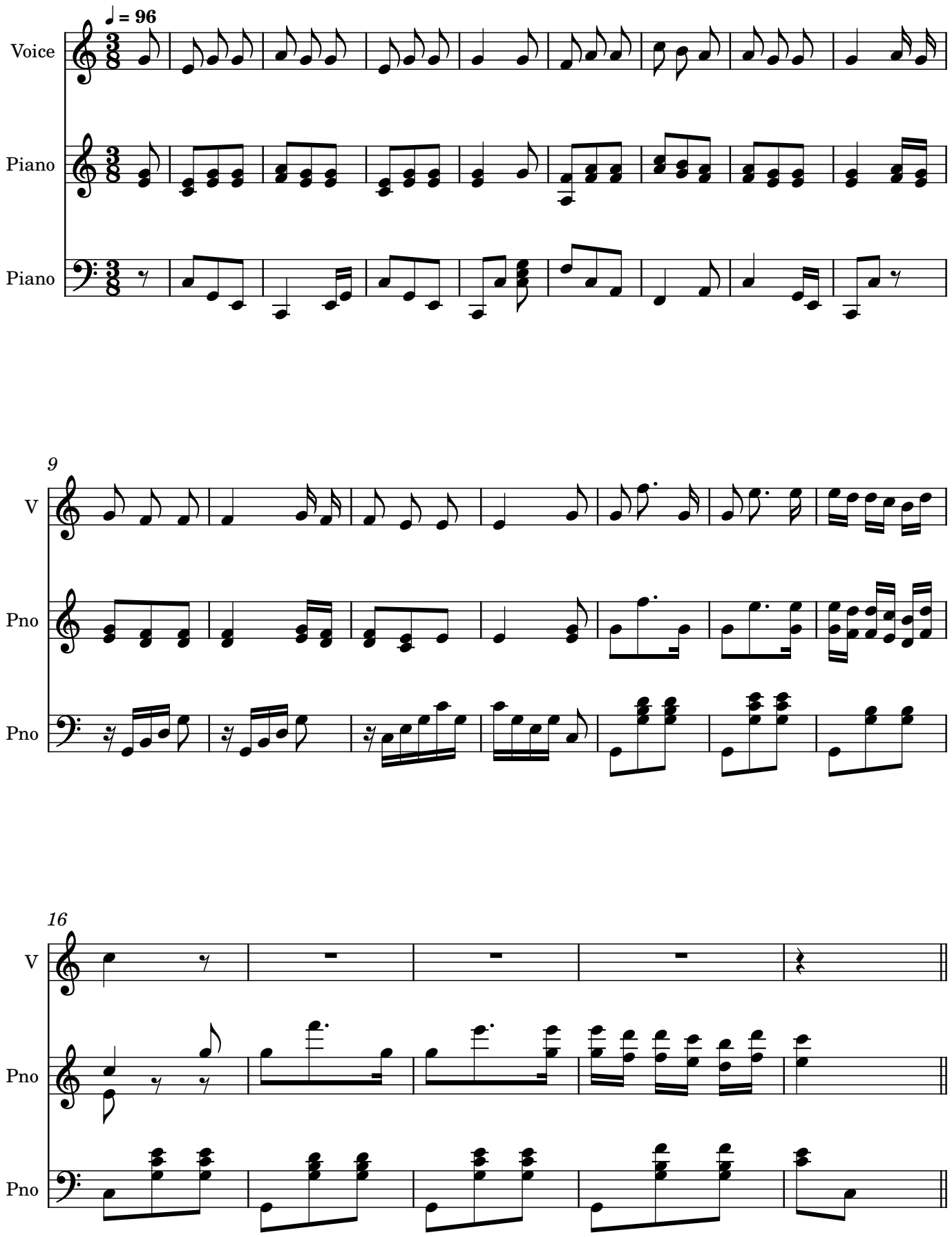MÃ¤ssig bewegt