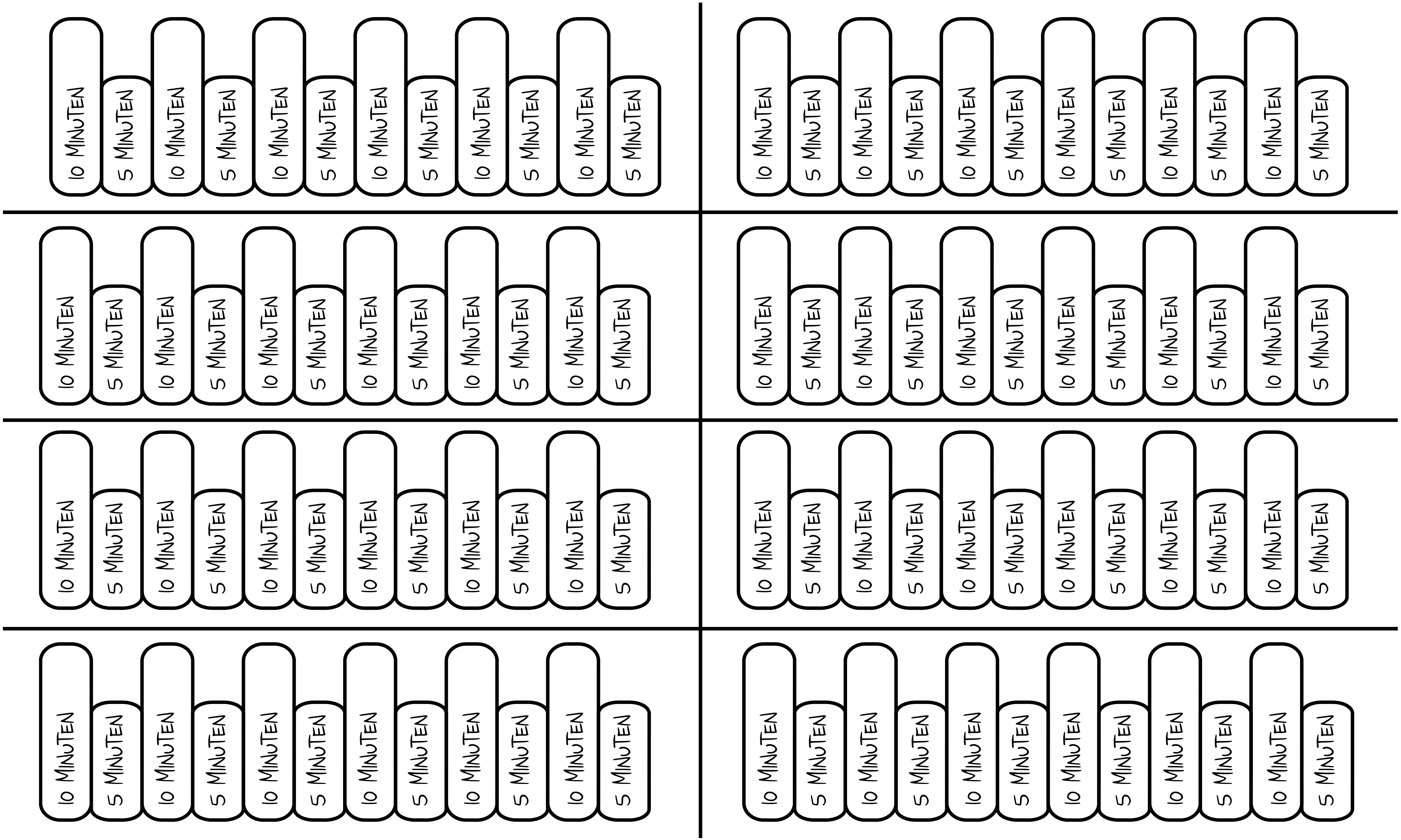90 MINUTEN/WOCHE