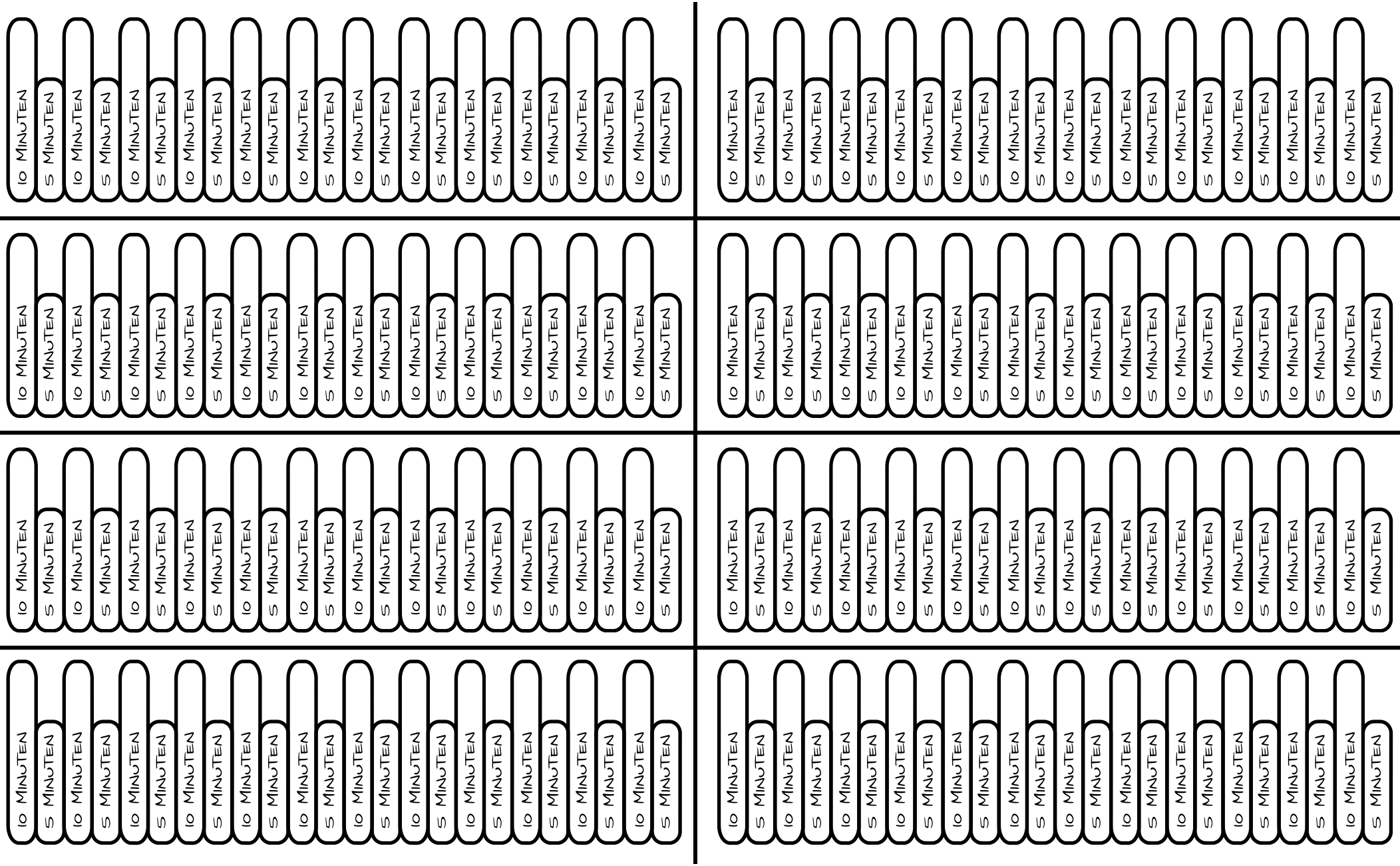180 Minuten/Woche