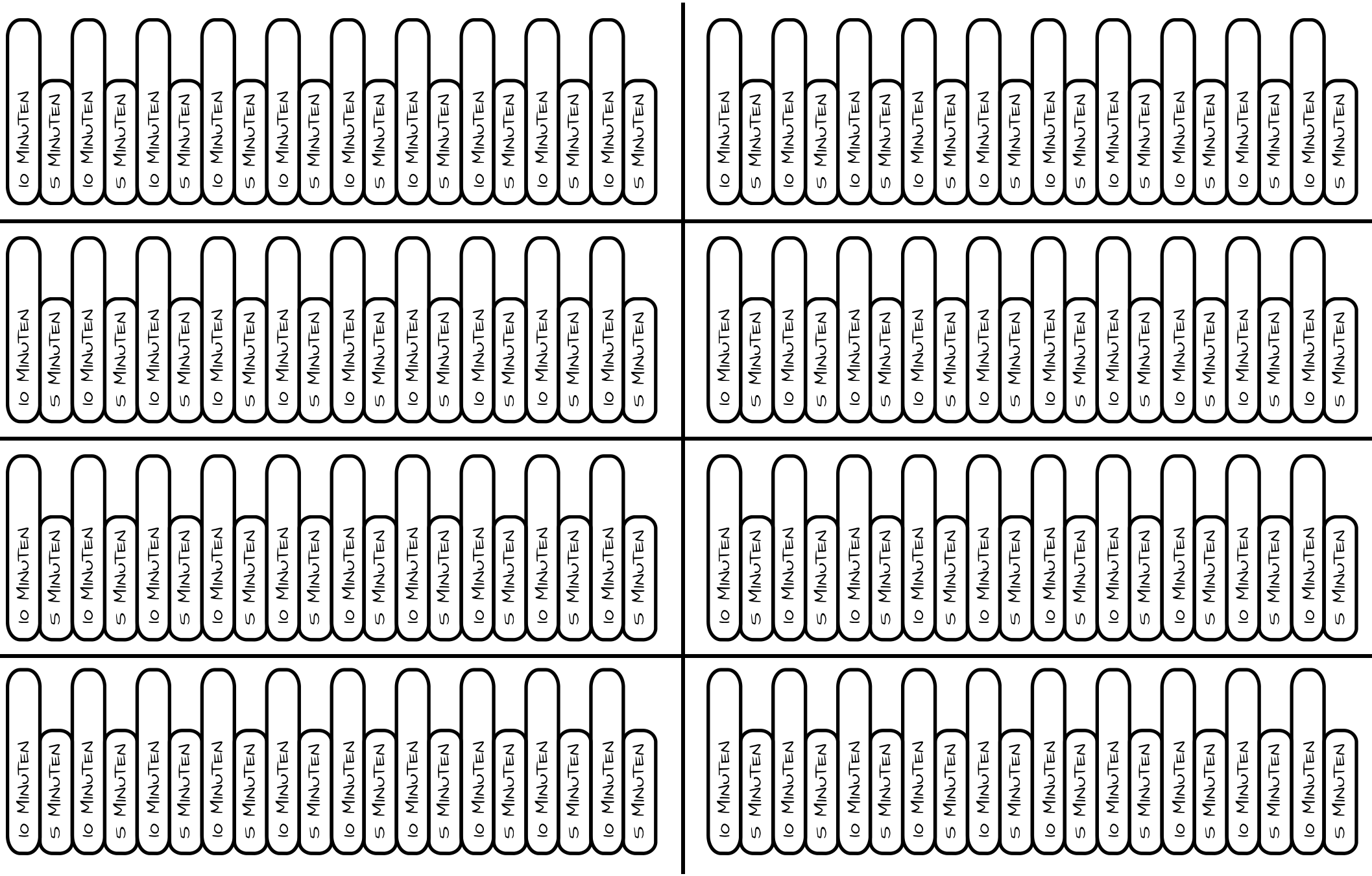150 Minuten/Woche