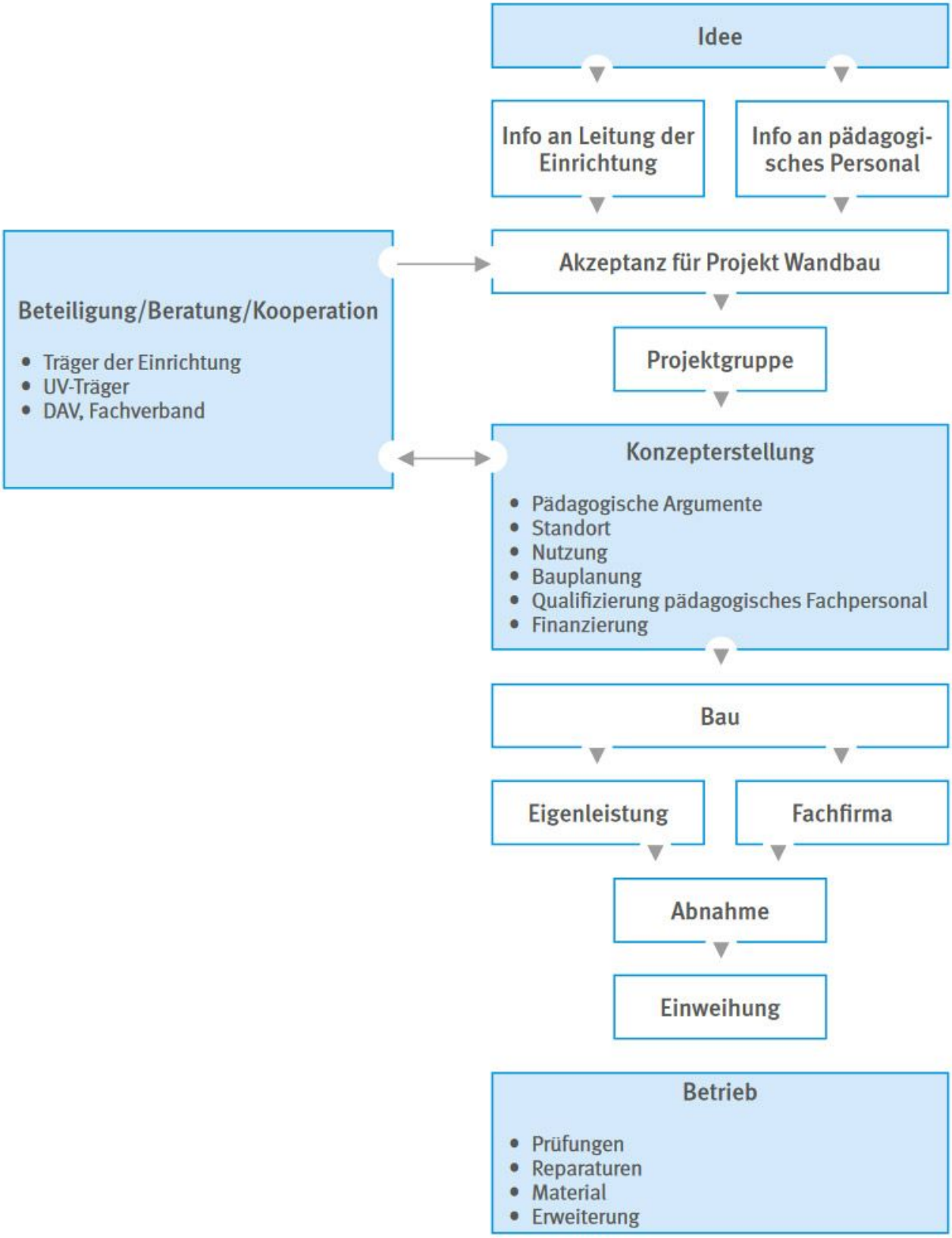Planungsschema