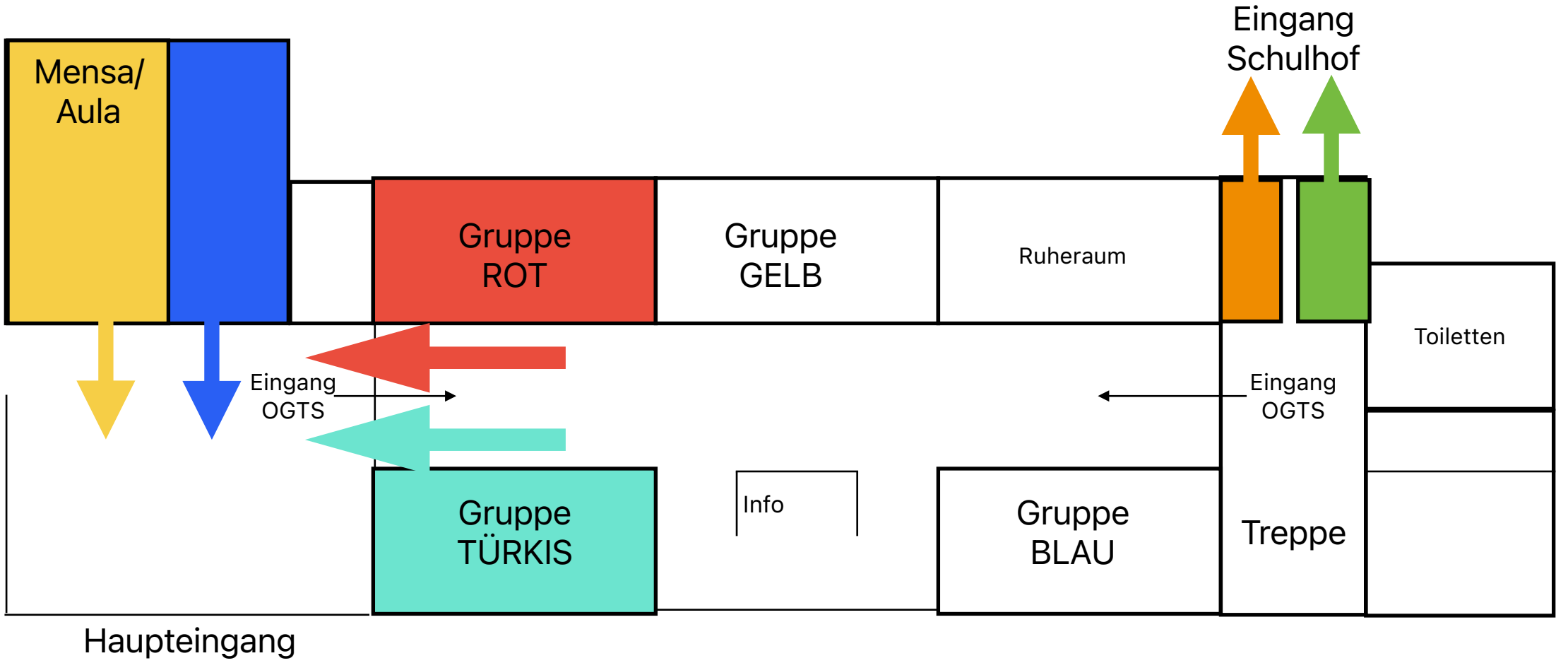Regenabholung