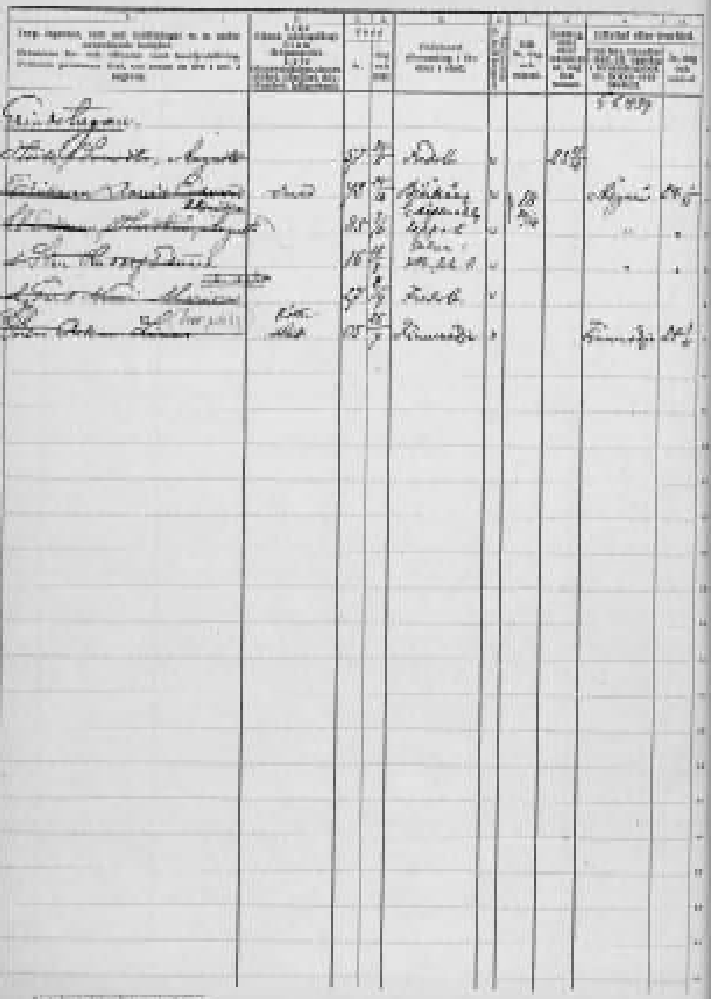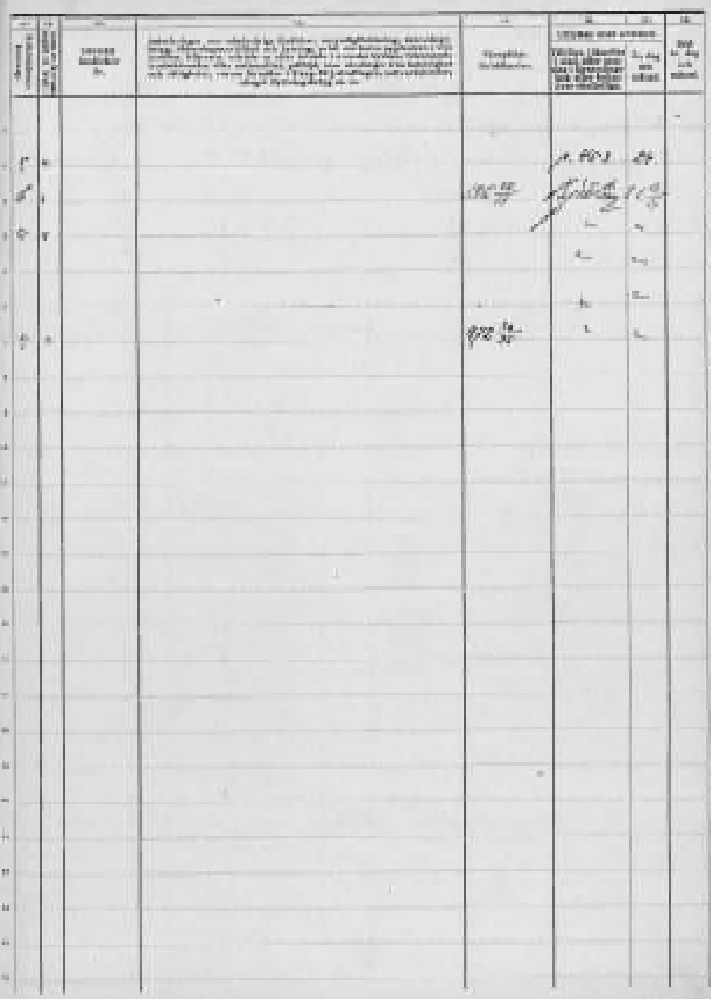Kreis