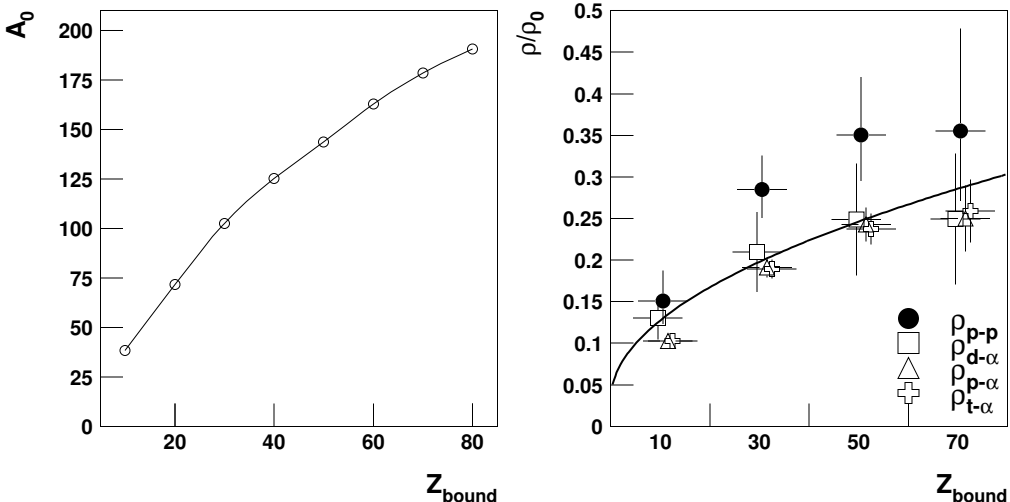Dichtenextraktion