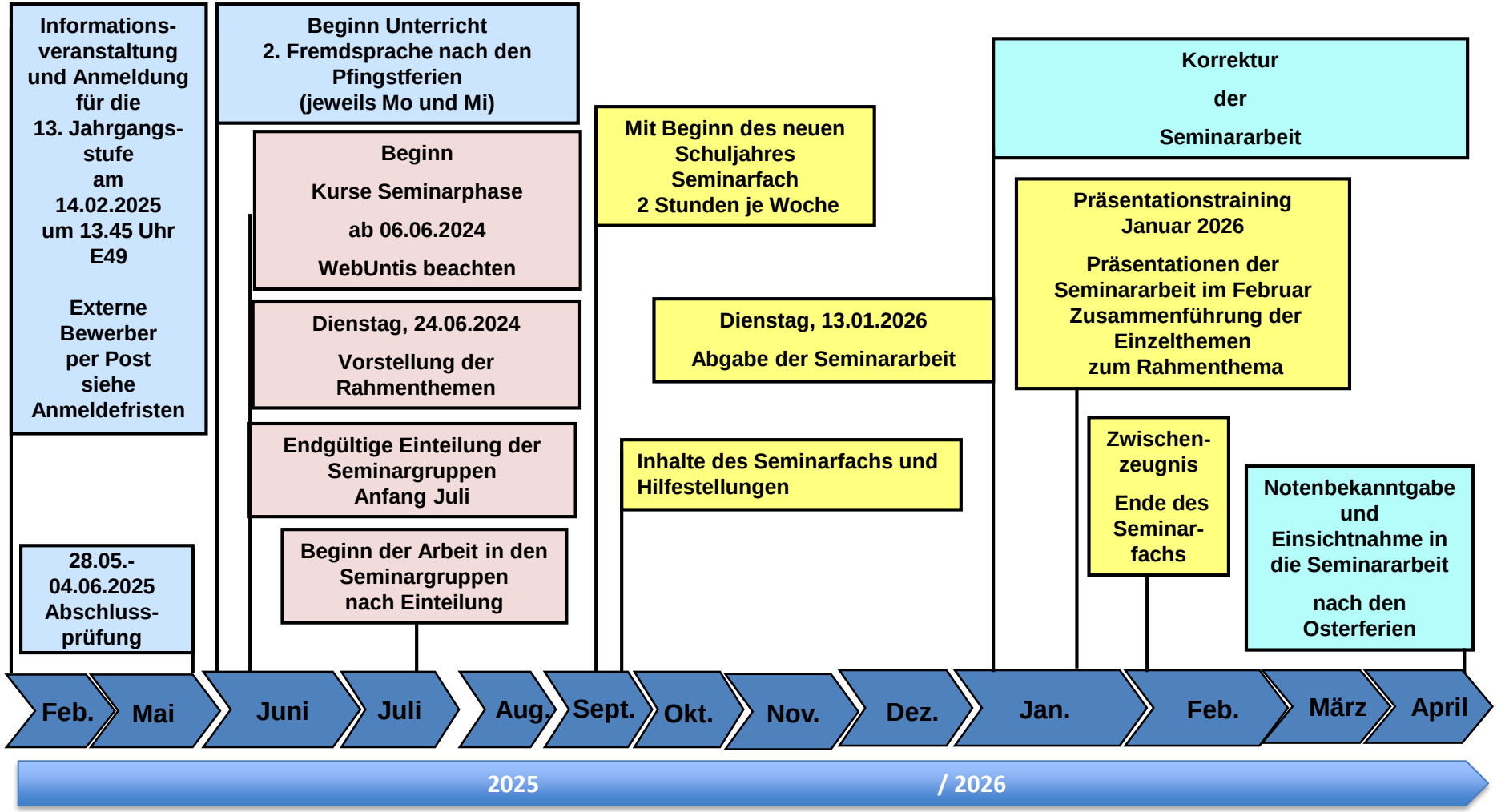Seminarfach – Zeitschiene