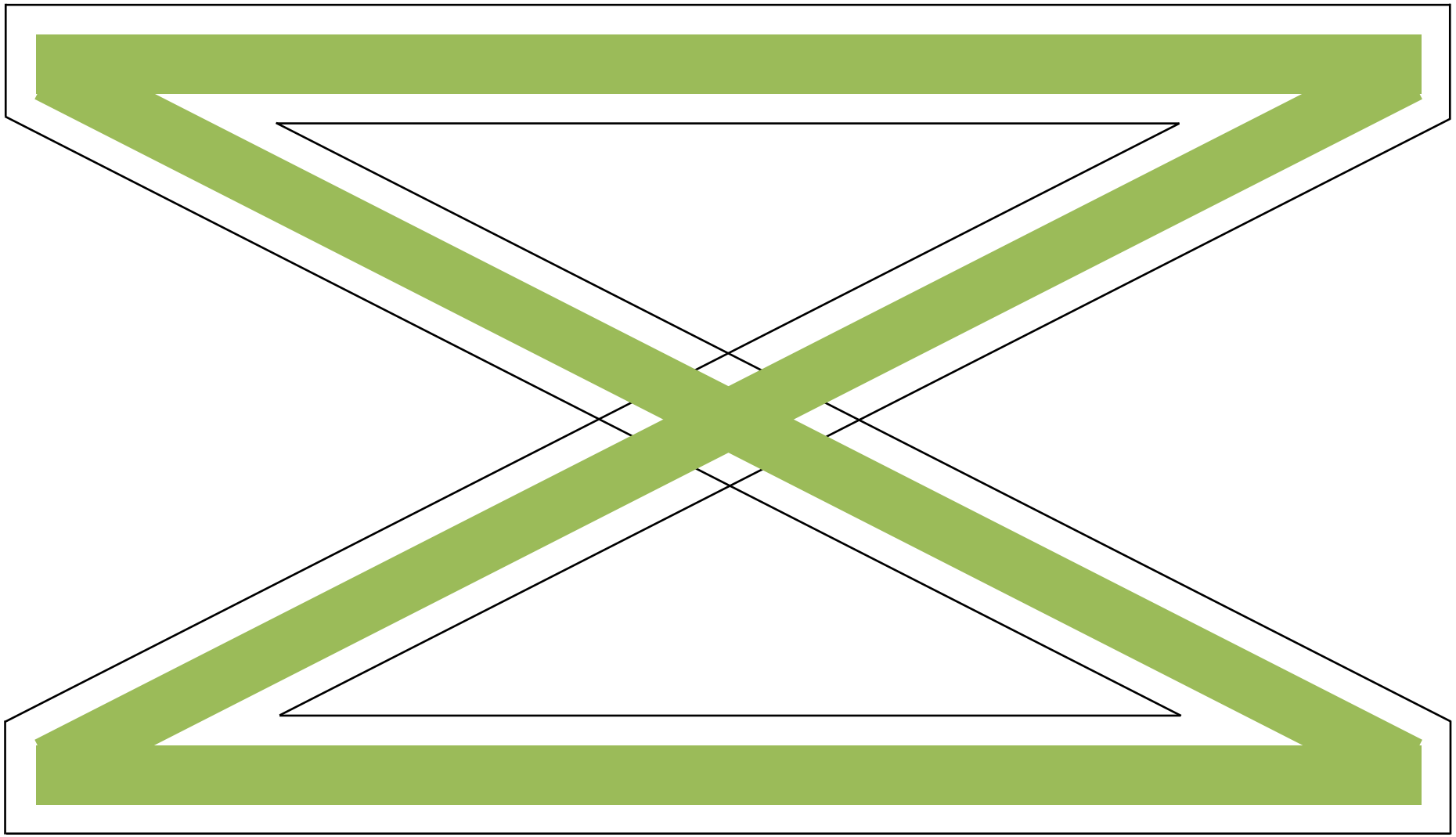Aus 1 m Distanz