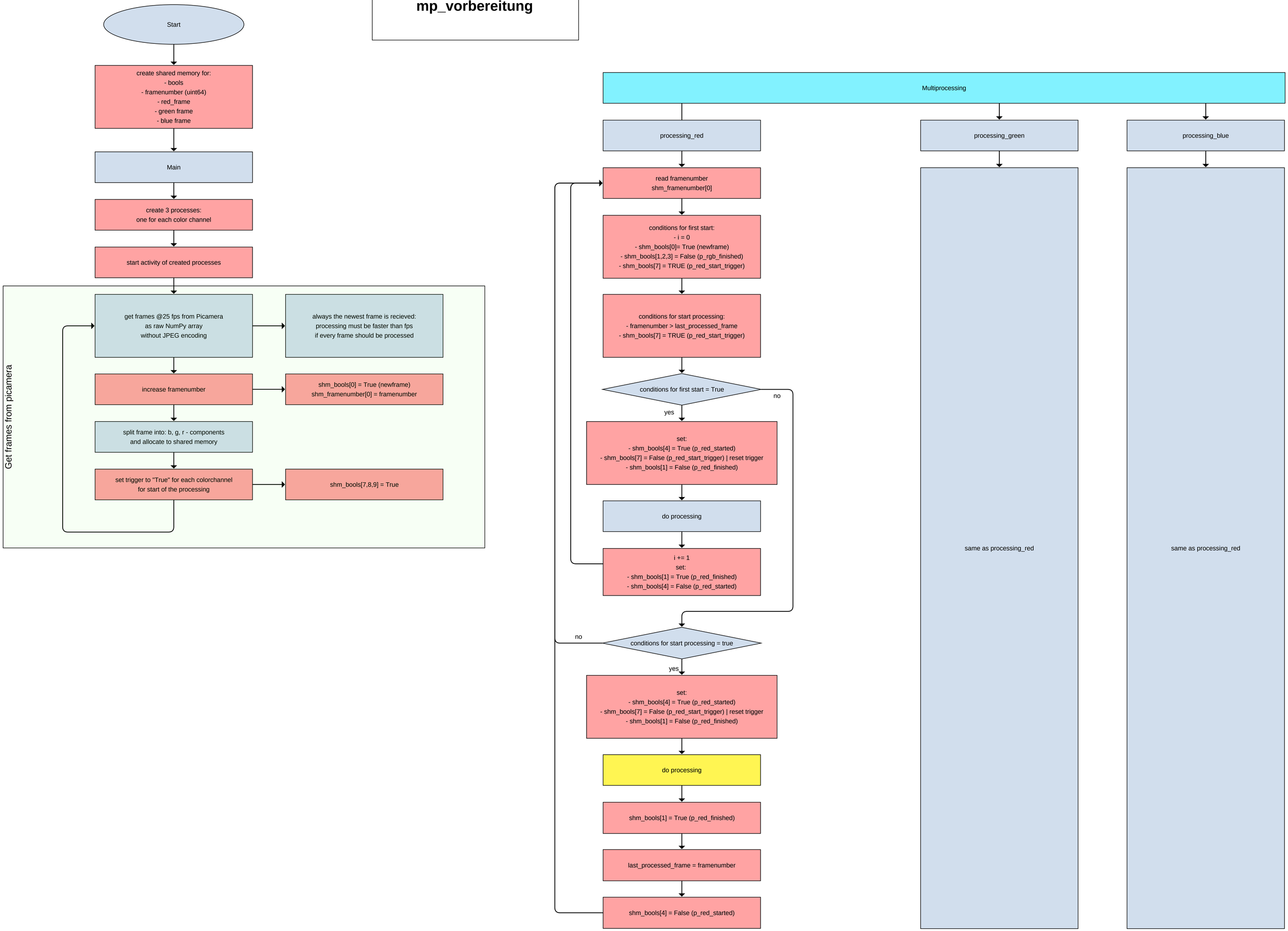mp_vorbereitung