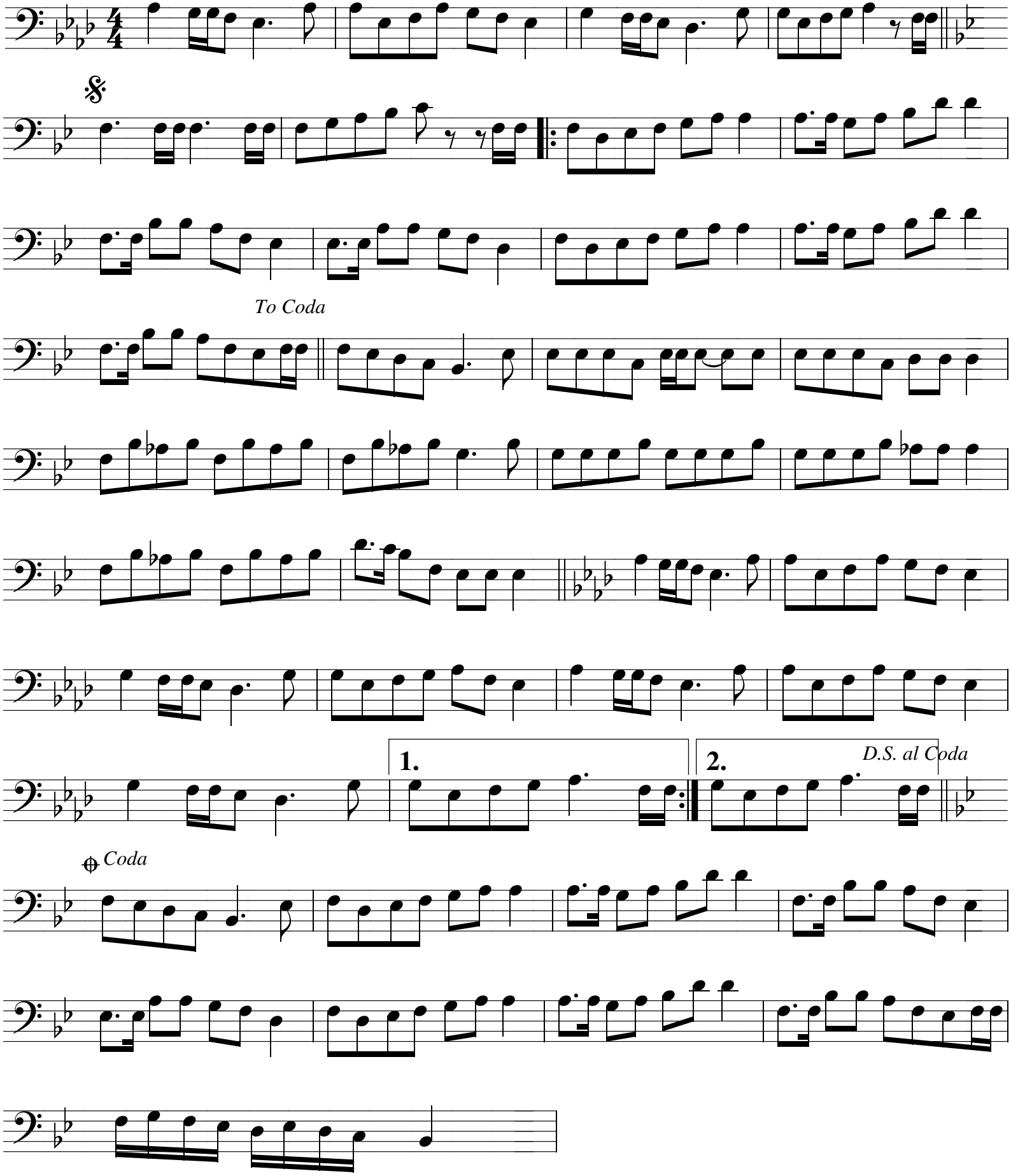Spring wie 'nne knien