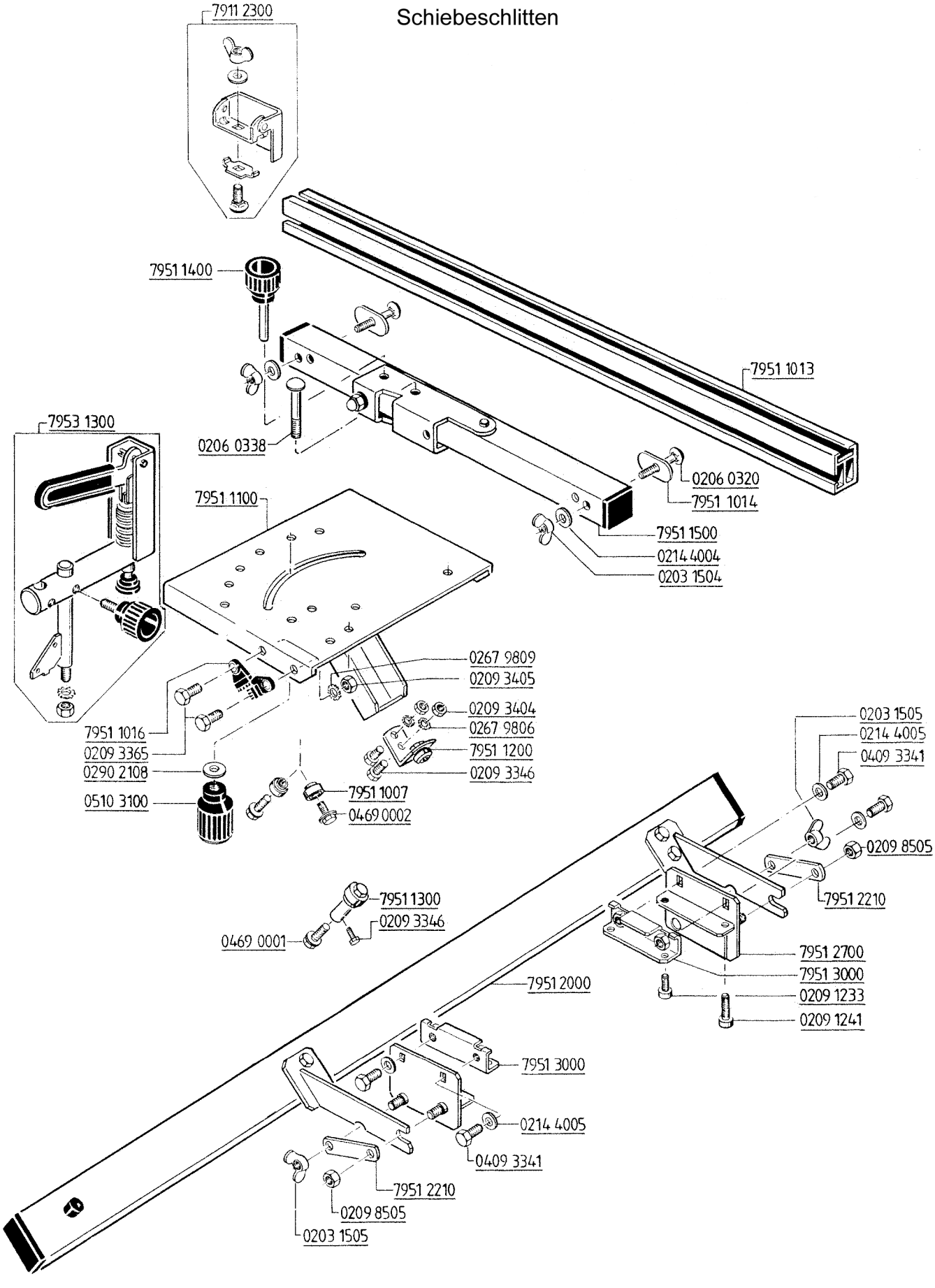Schiebeschlitten