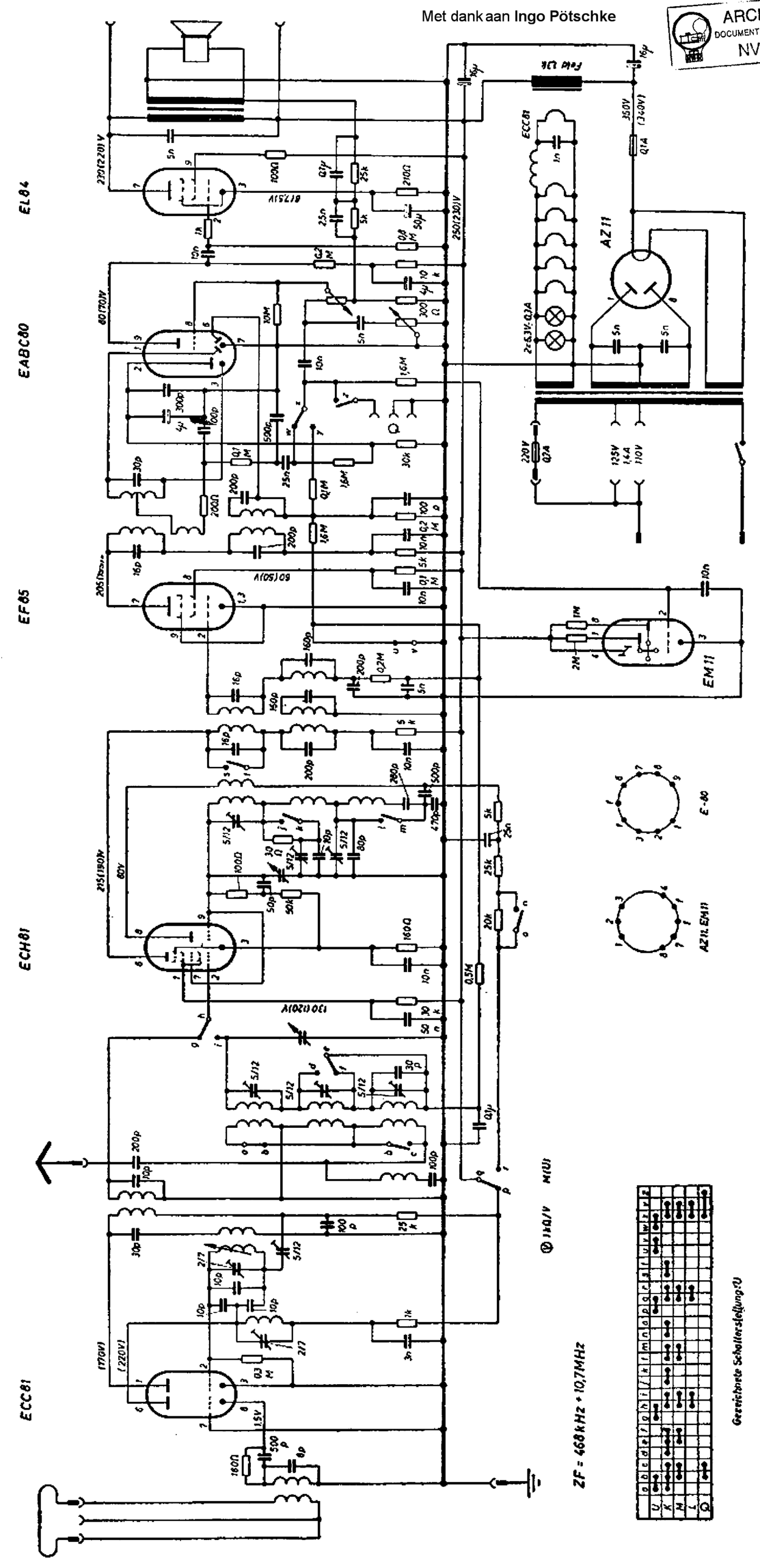Met dank aan Ingo Pötschke