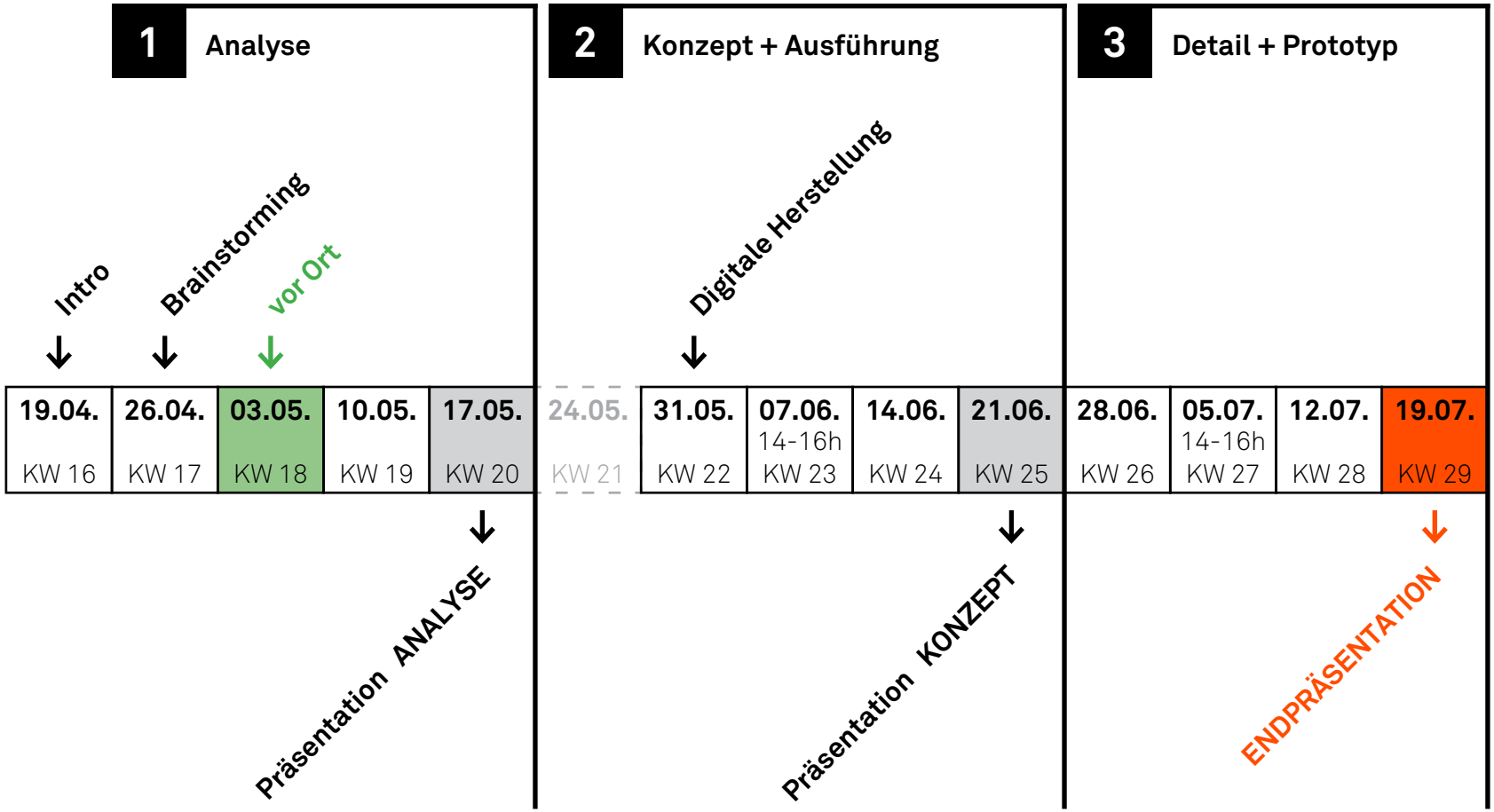Semesterplan