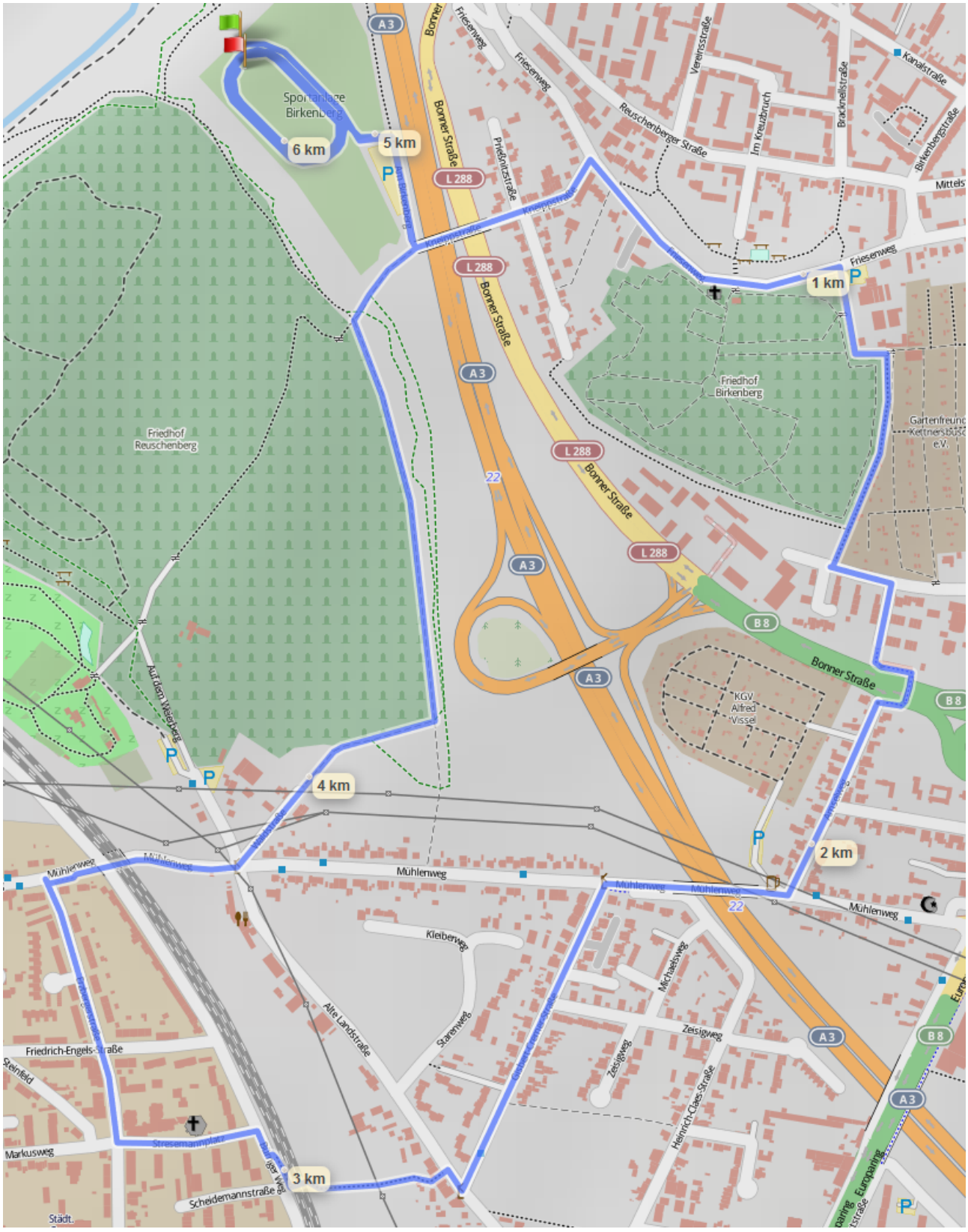6 km Einsteiger