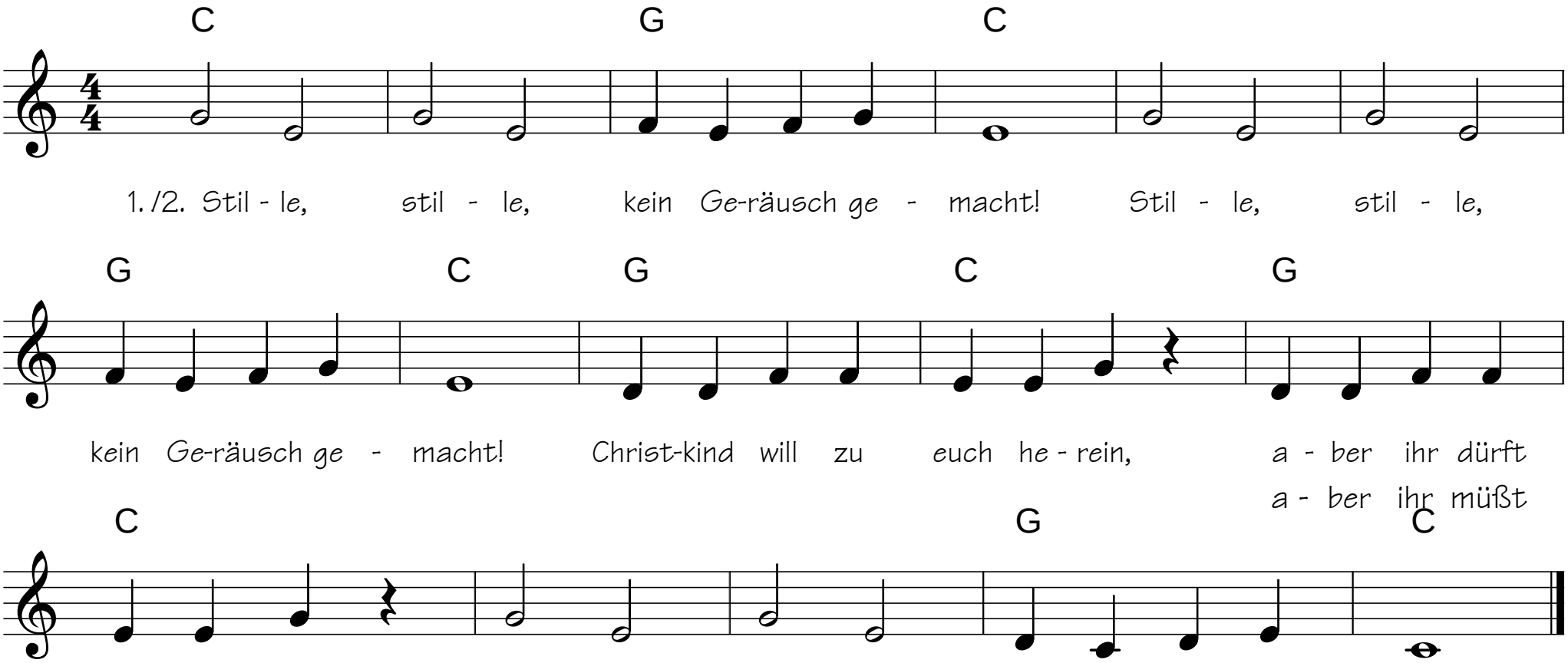Stille, kein Geräusch gemacht