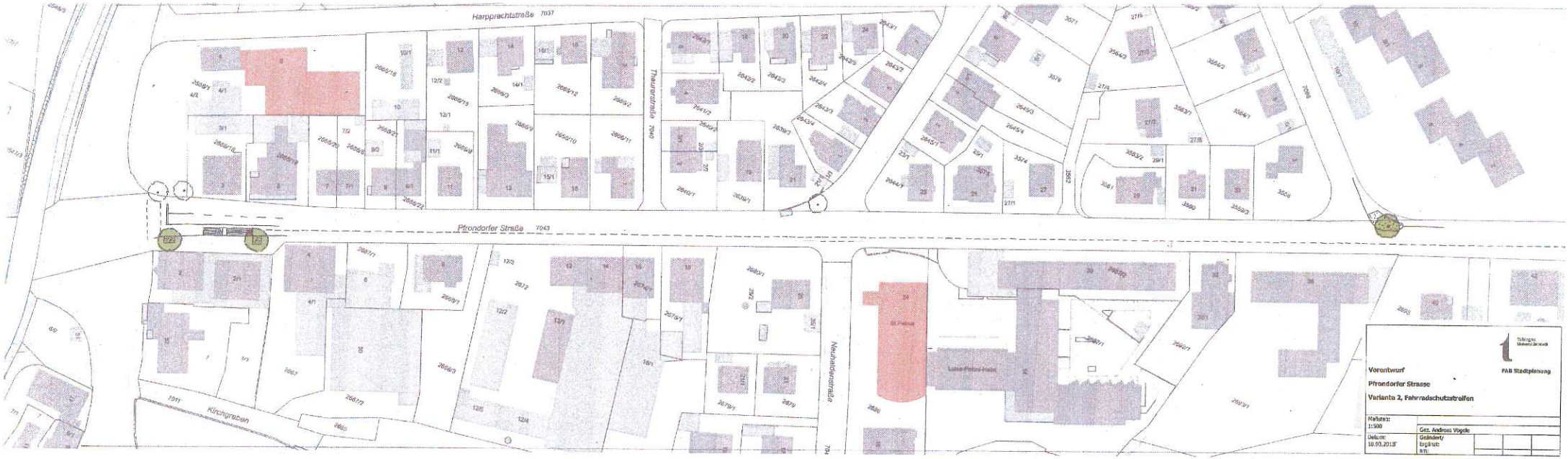Anlage 3 Vorl 139