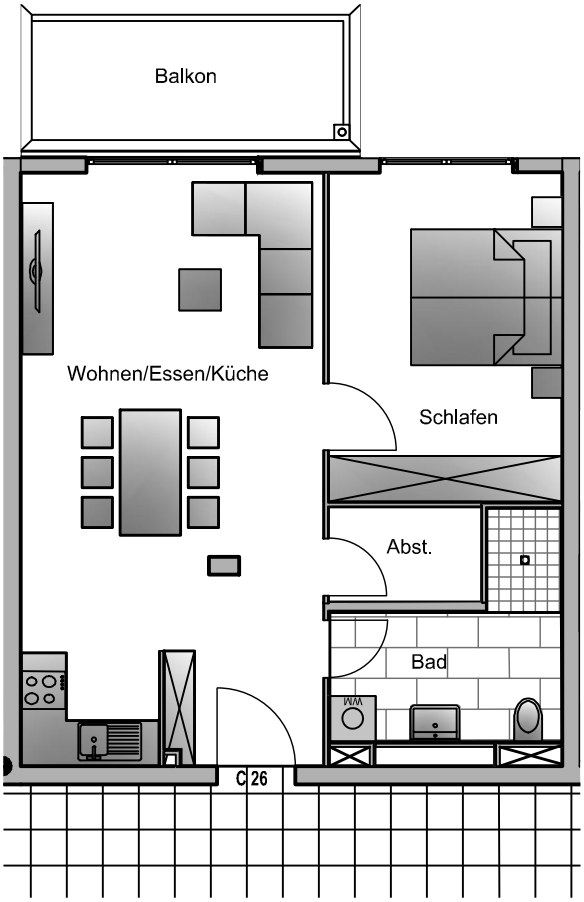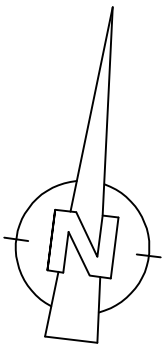Innenhof