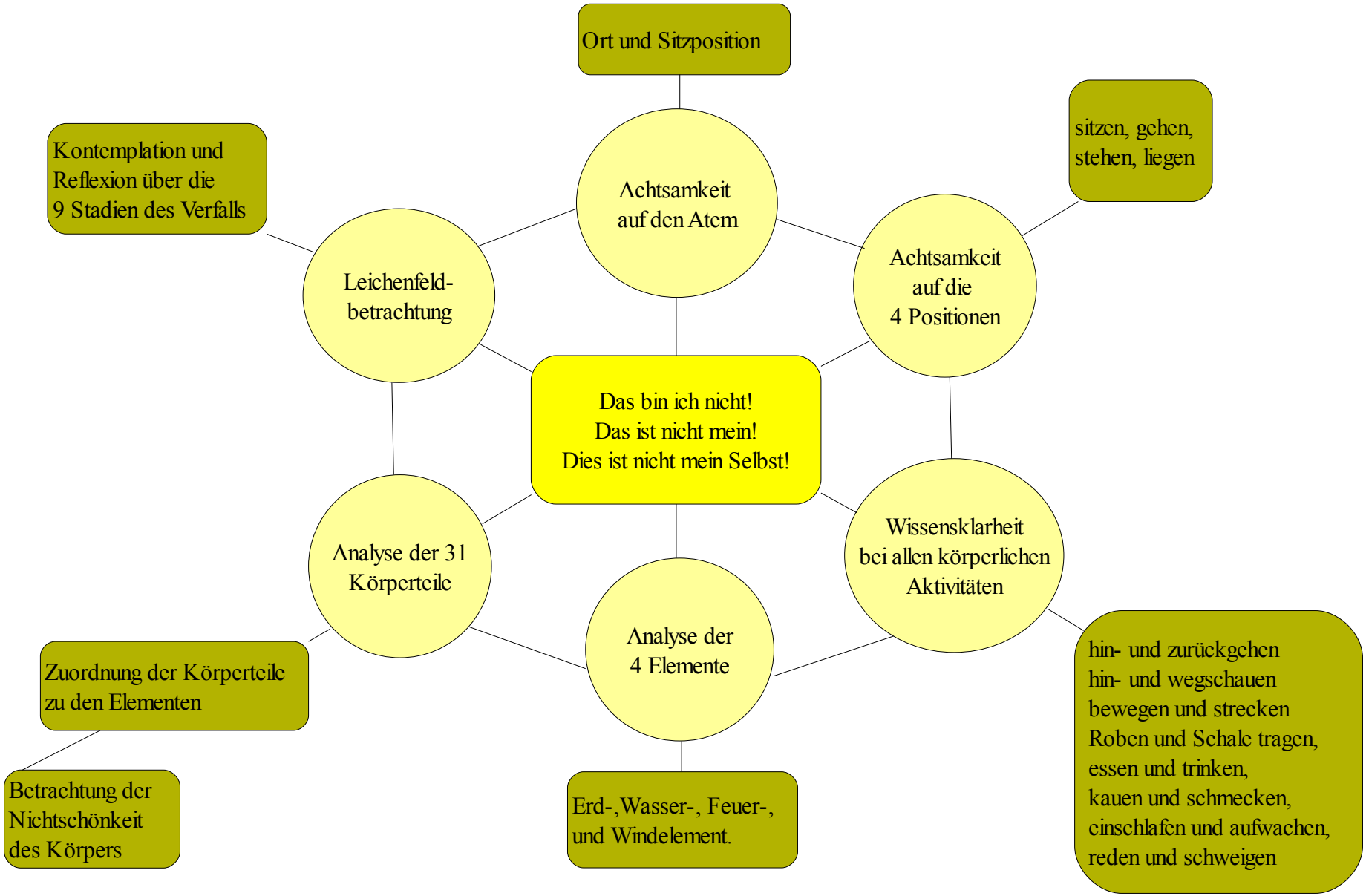MN. 10 Körpergrundlage