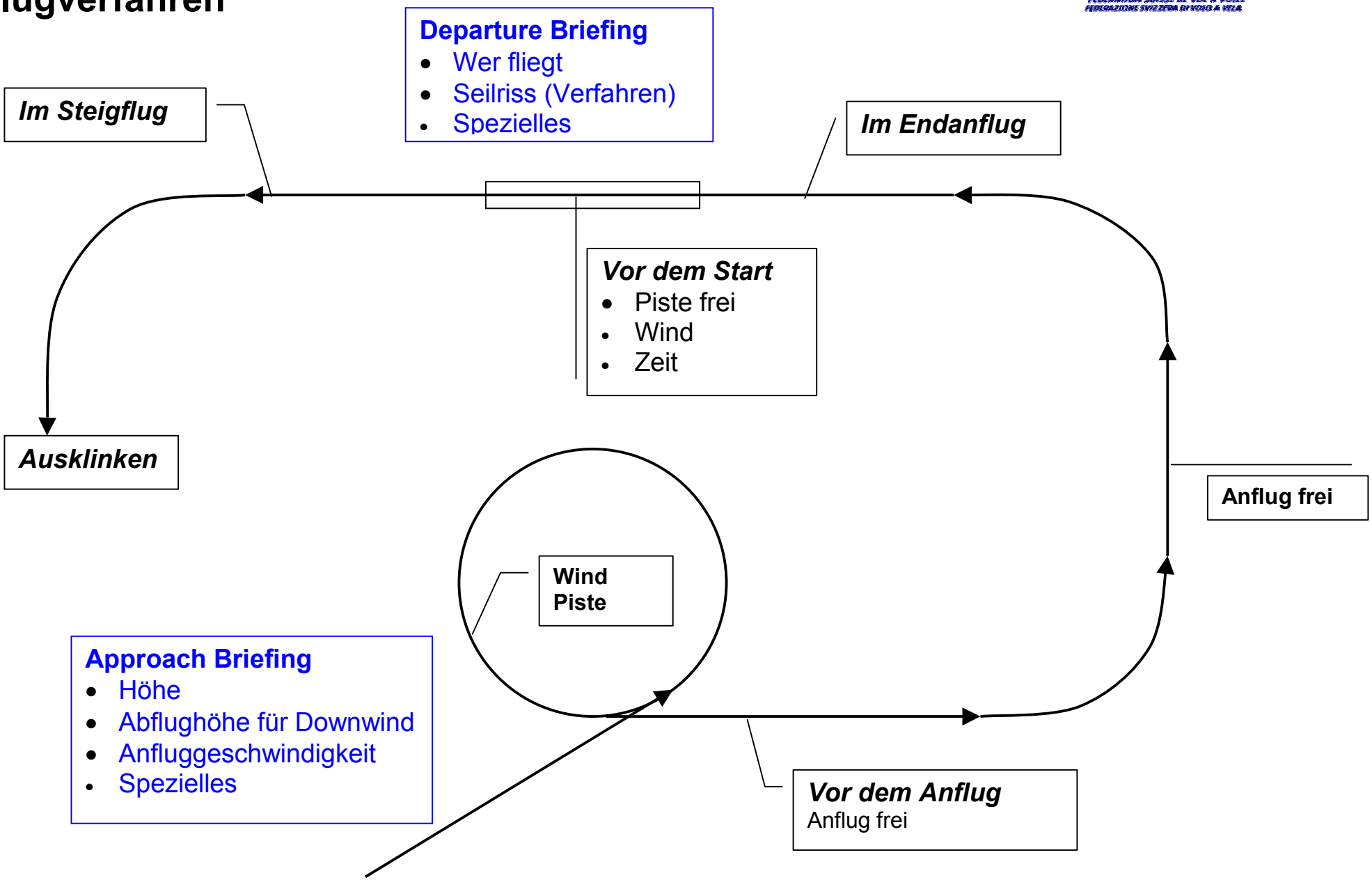Flugverfahren