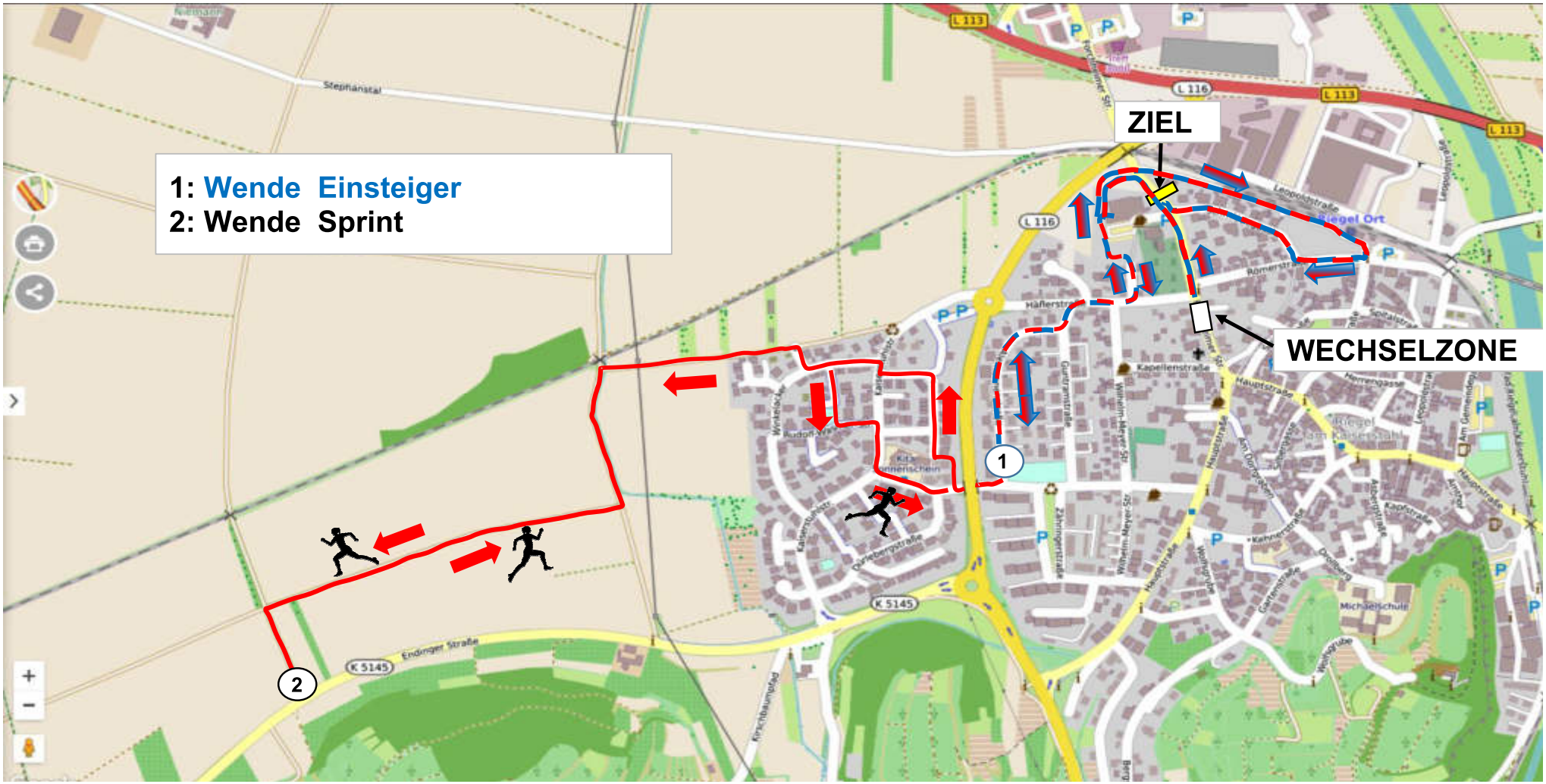Laufstrecke Einsteiger / Sprint