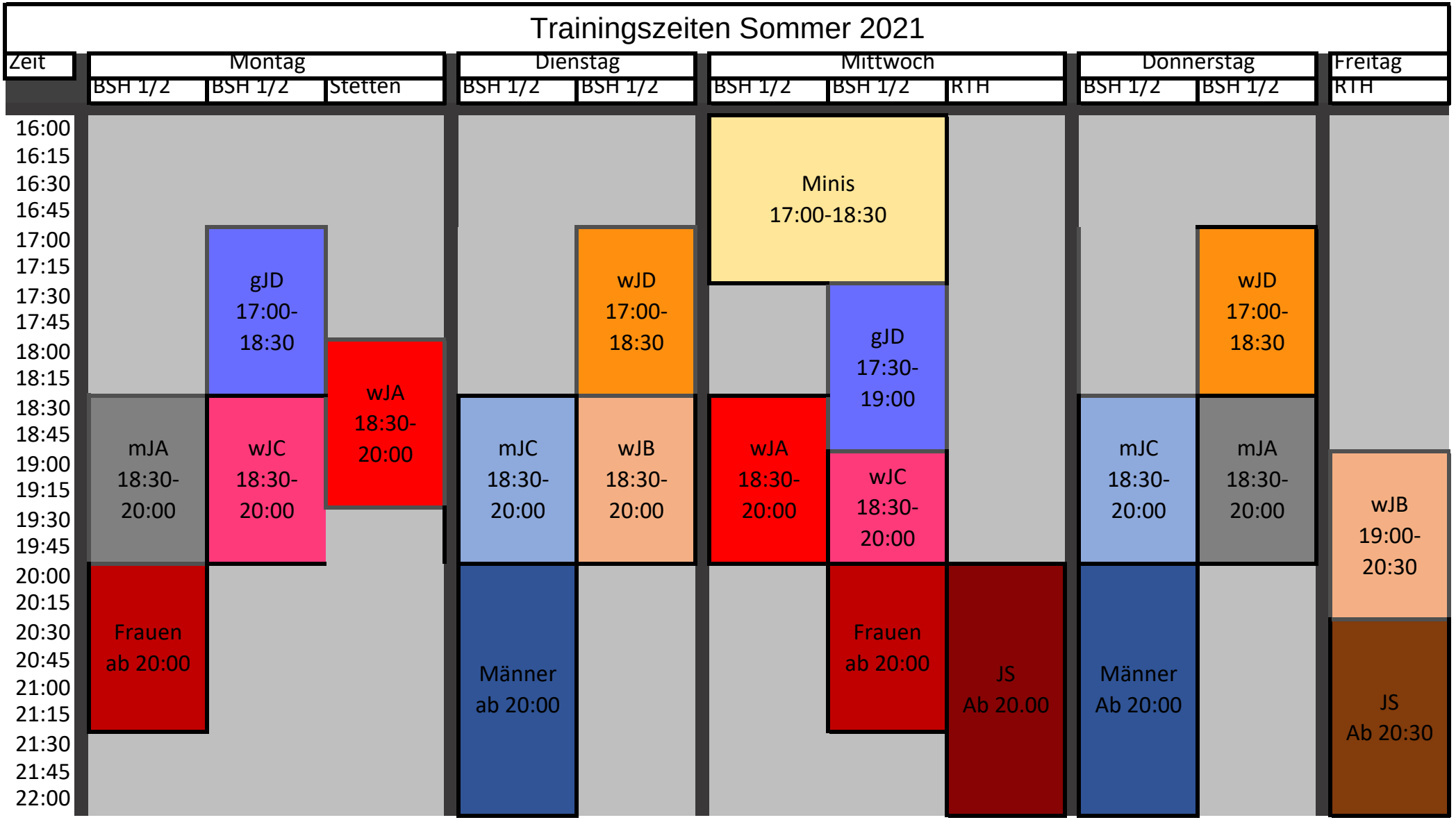Trainingszeiten Sommer 2021