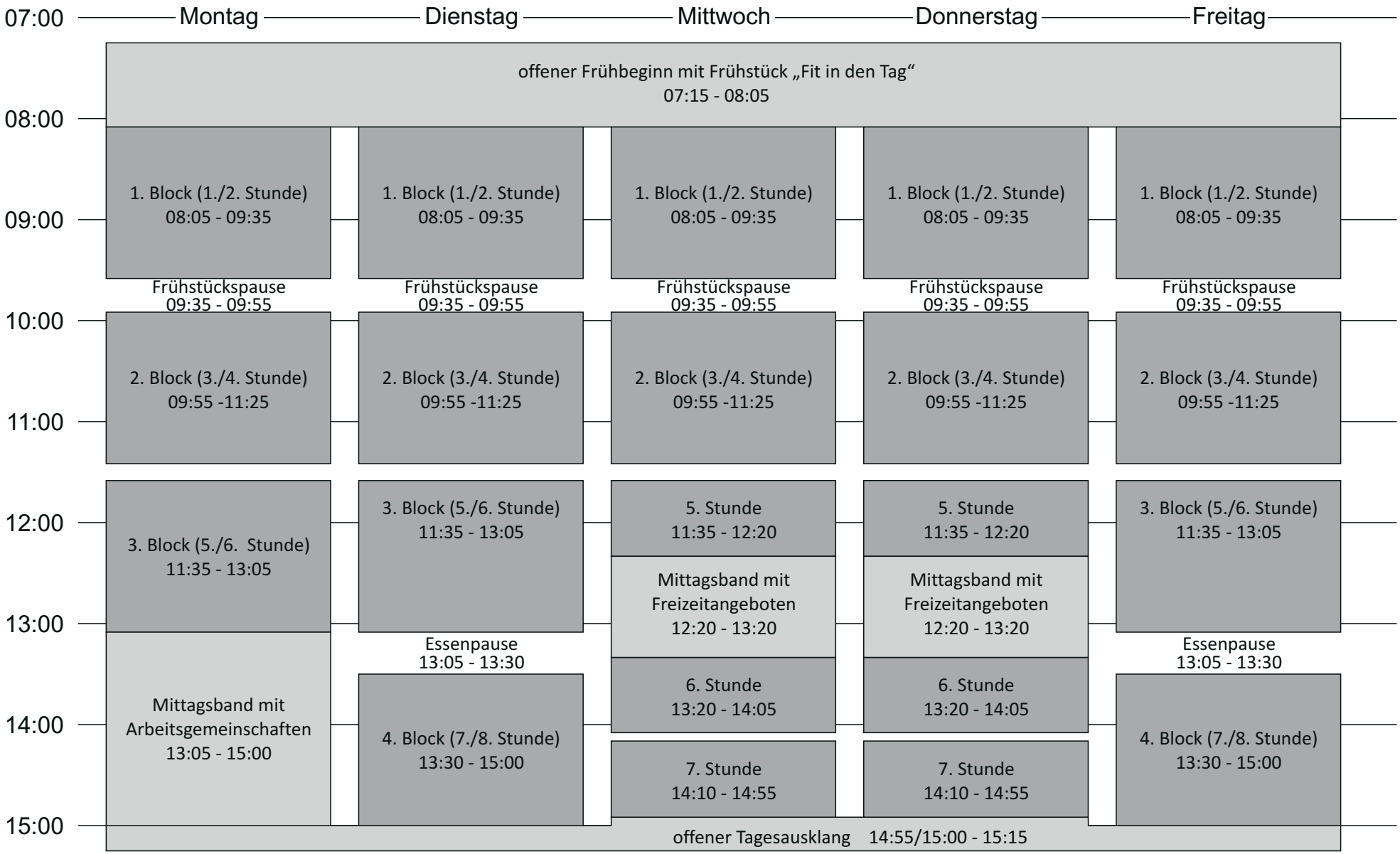Unsere Stunden- und Pausenzeiten