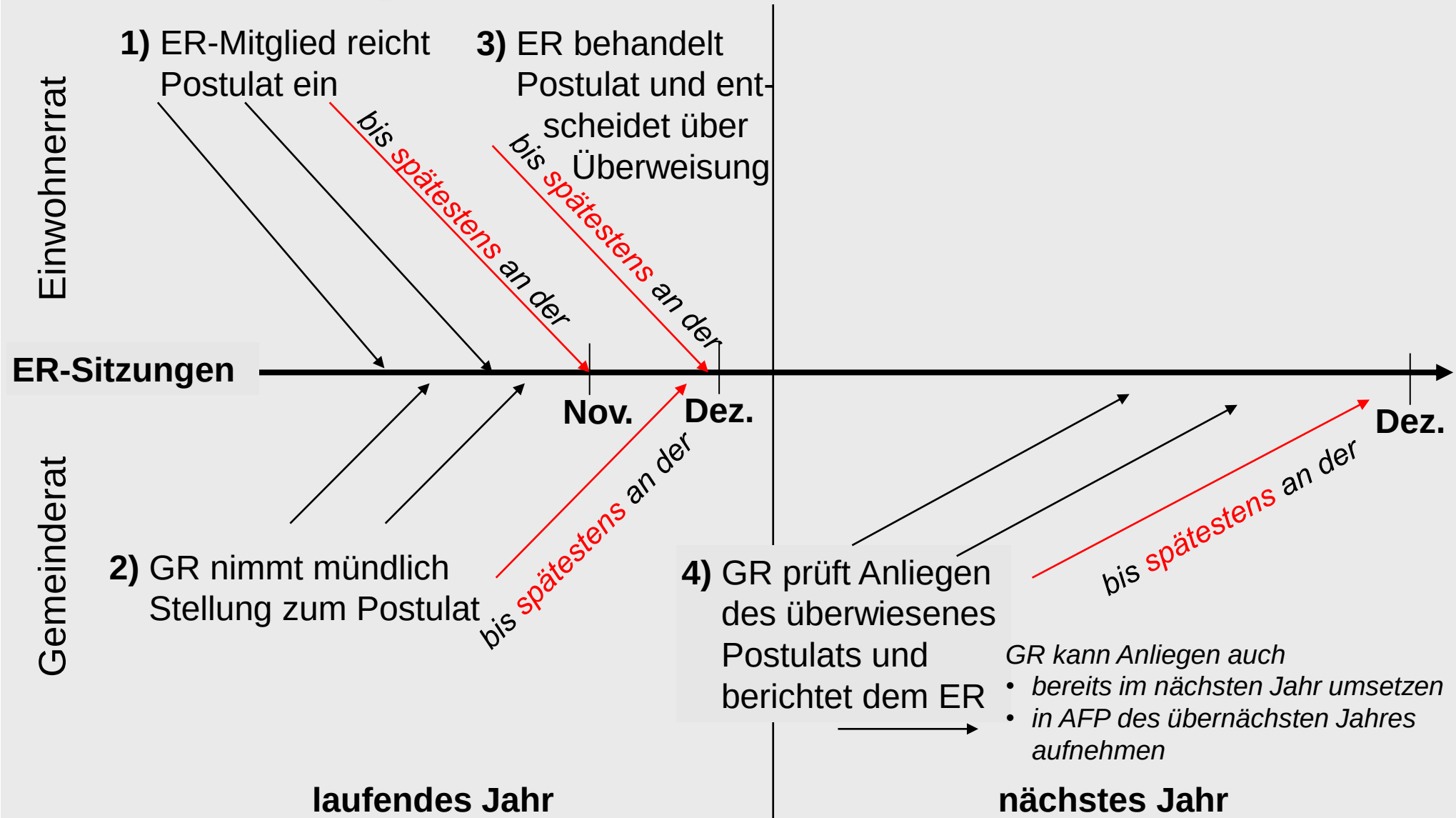Ablauf Planungspostulat