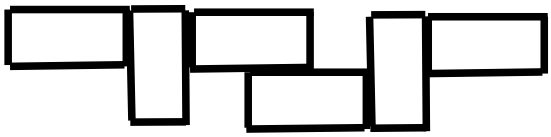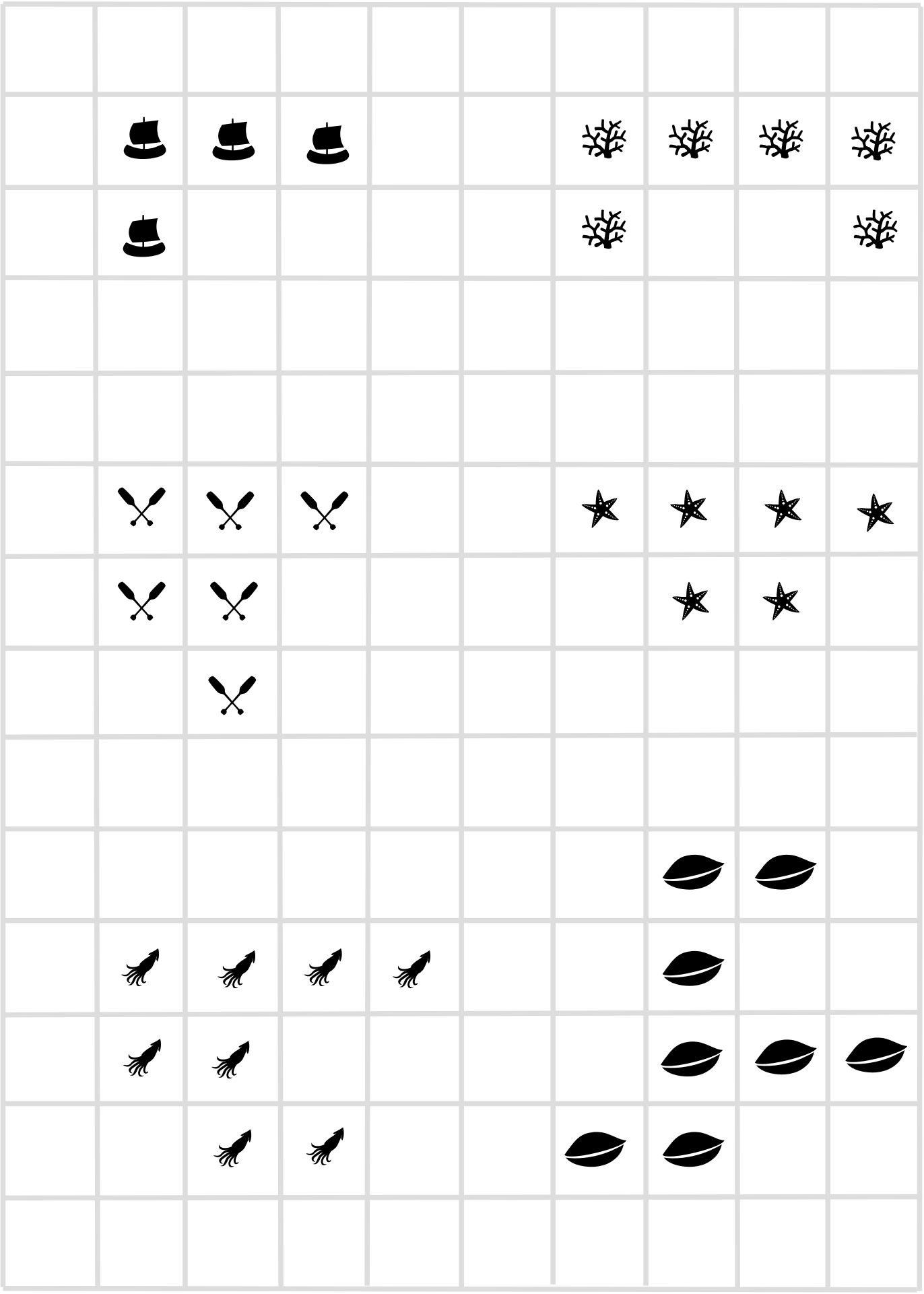Dominoübung