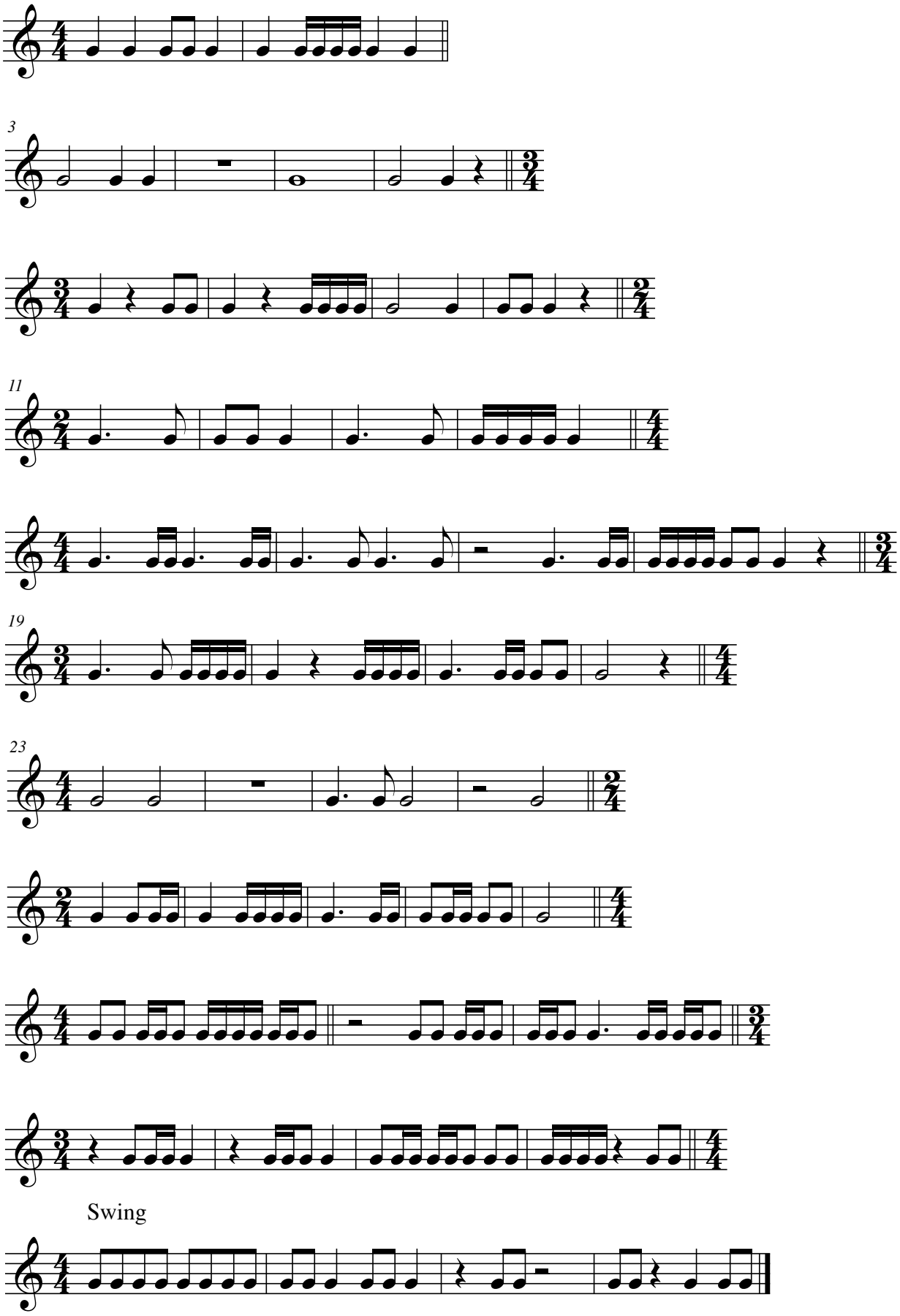Taktsprache Blatt 1