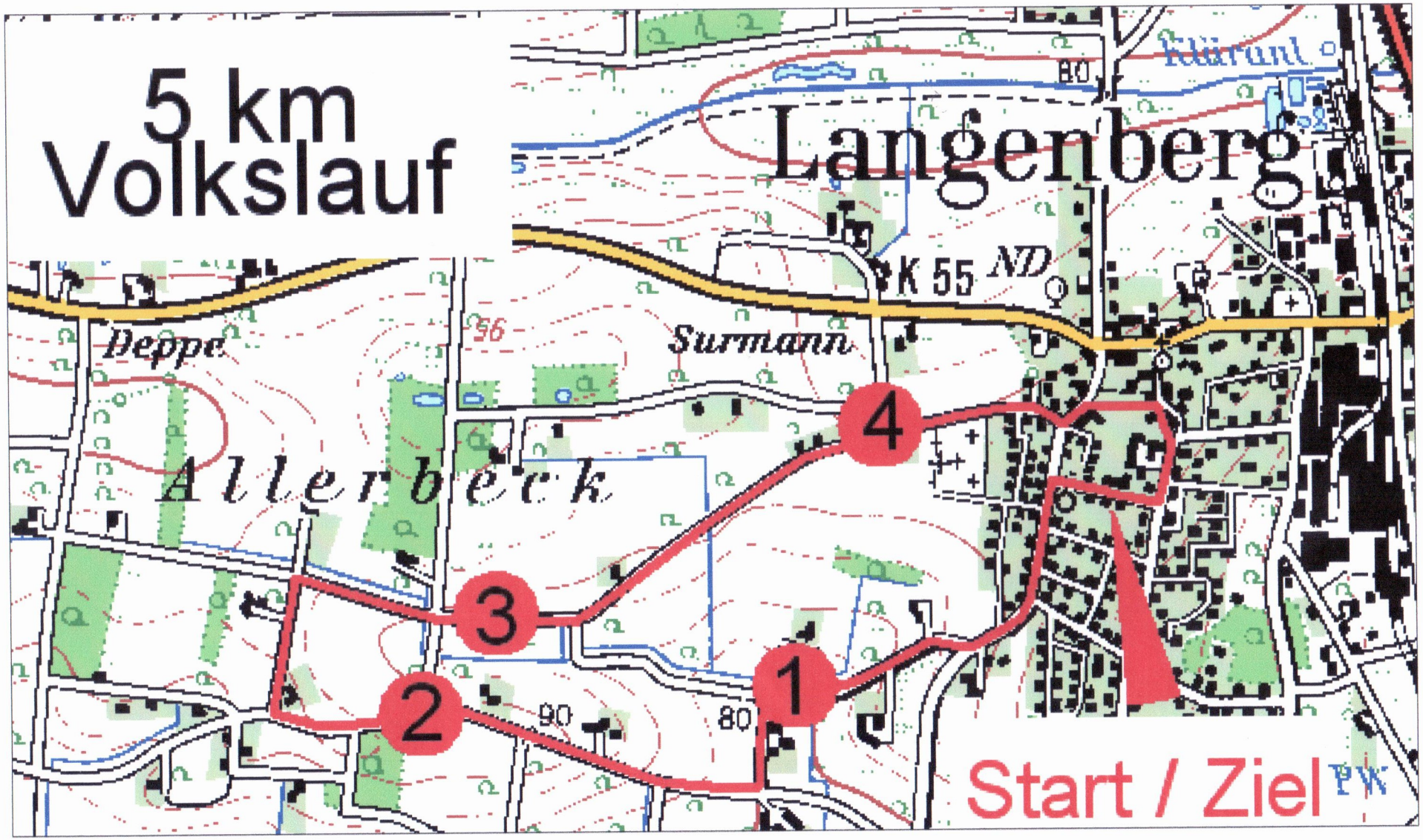5 km Volkslauf