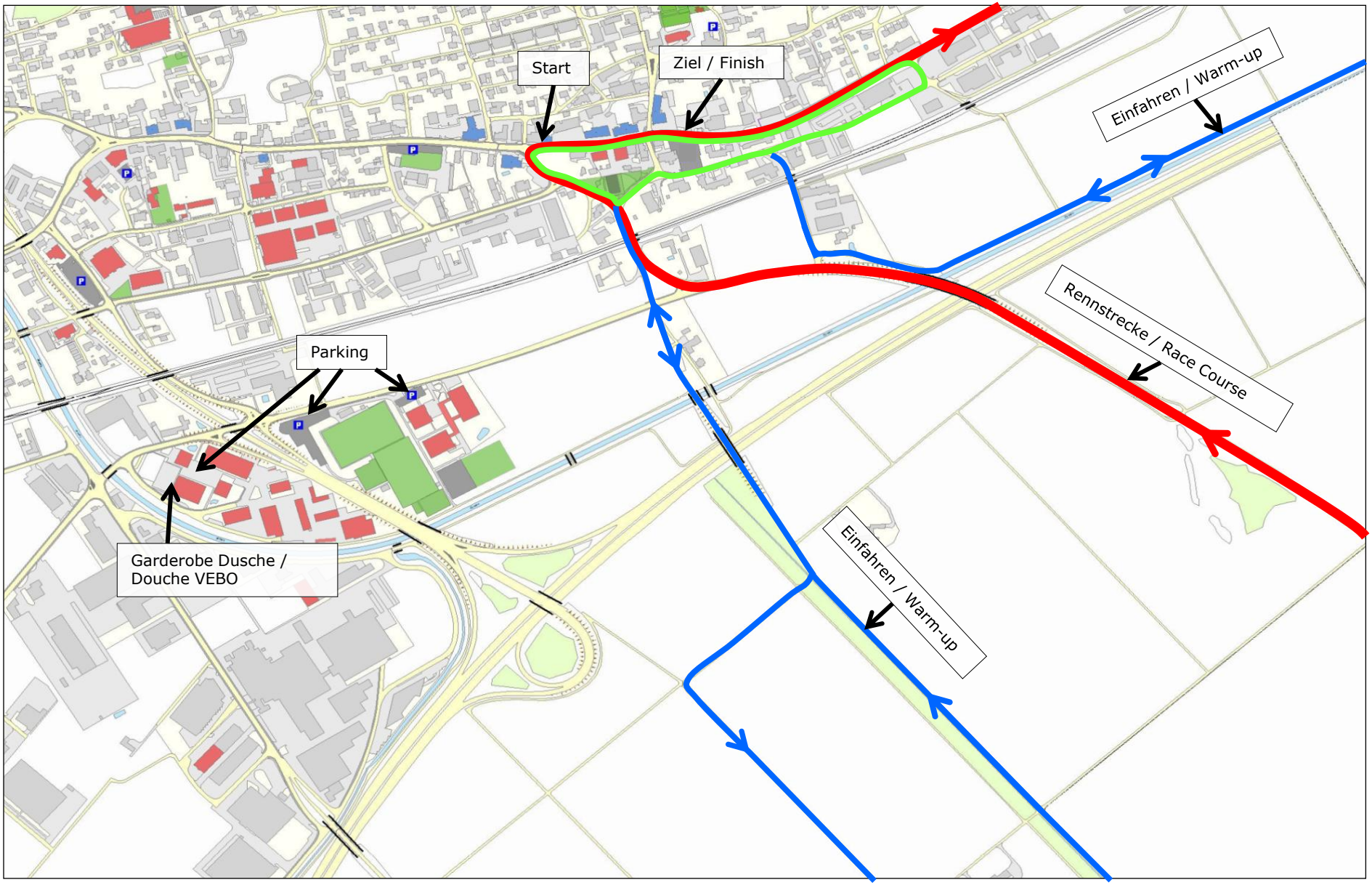Einfahren / Warm-up