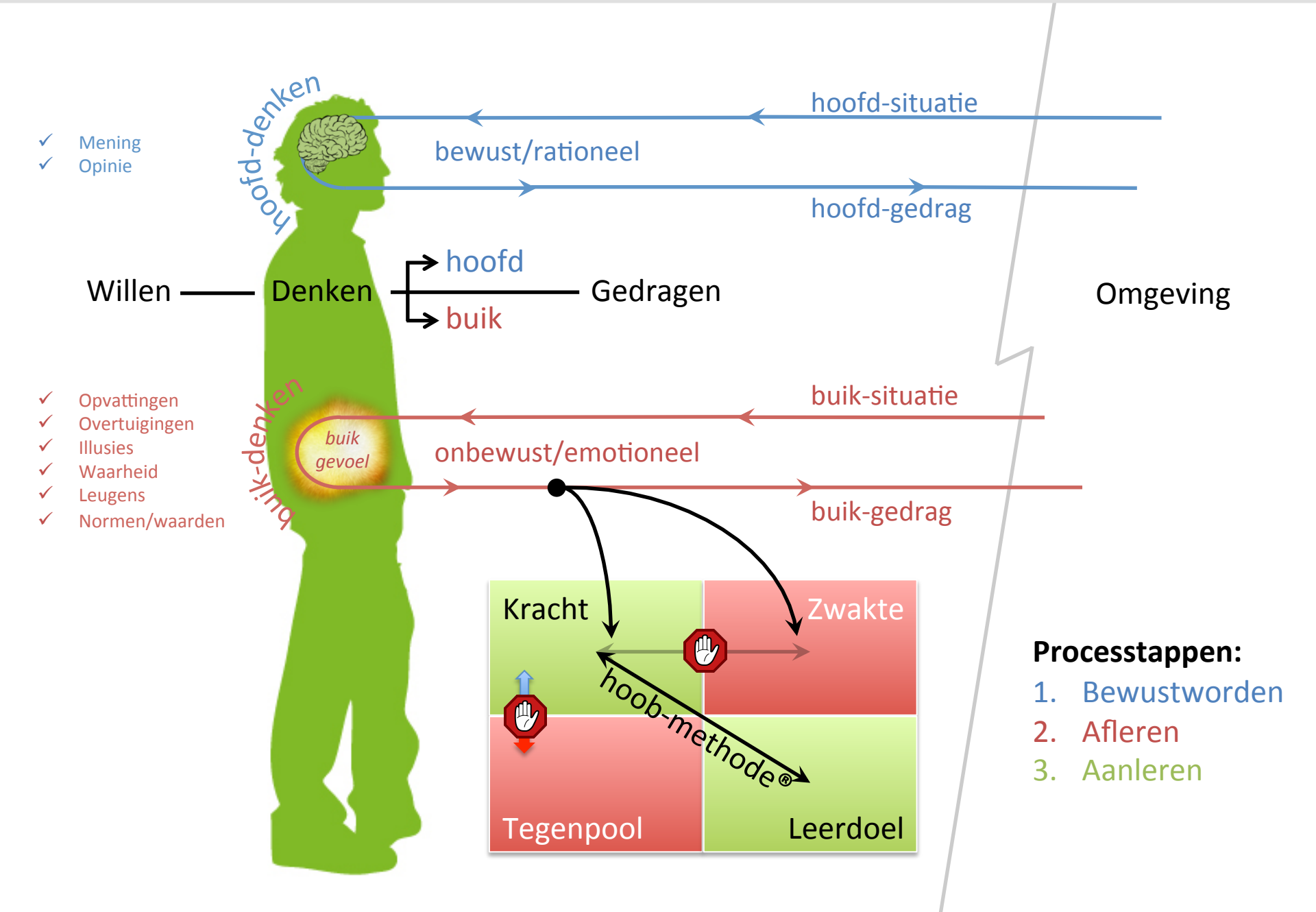hoob-methode®
hoob-schema