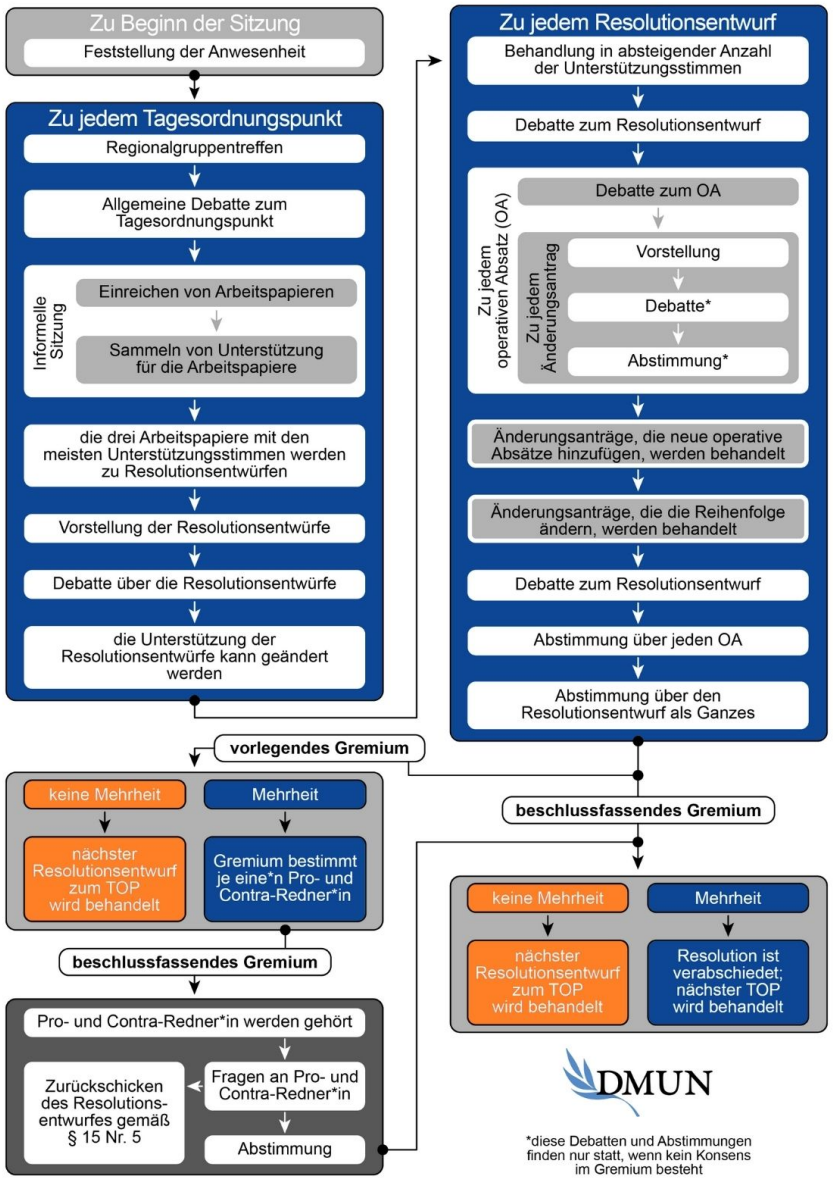ABLAUF DER SITZUNGEN