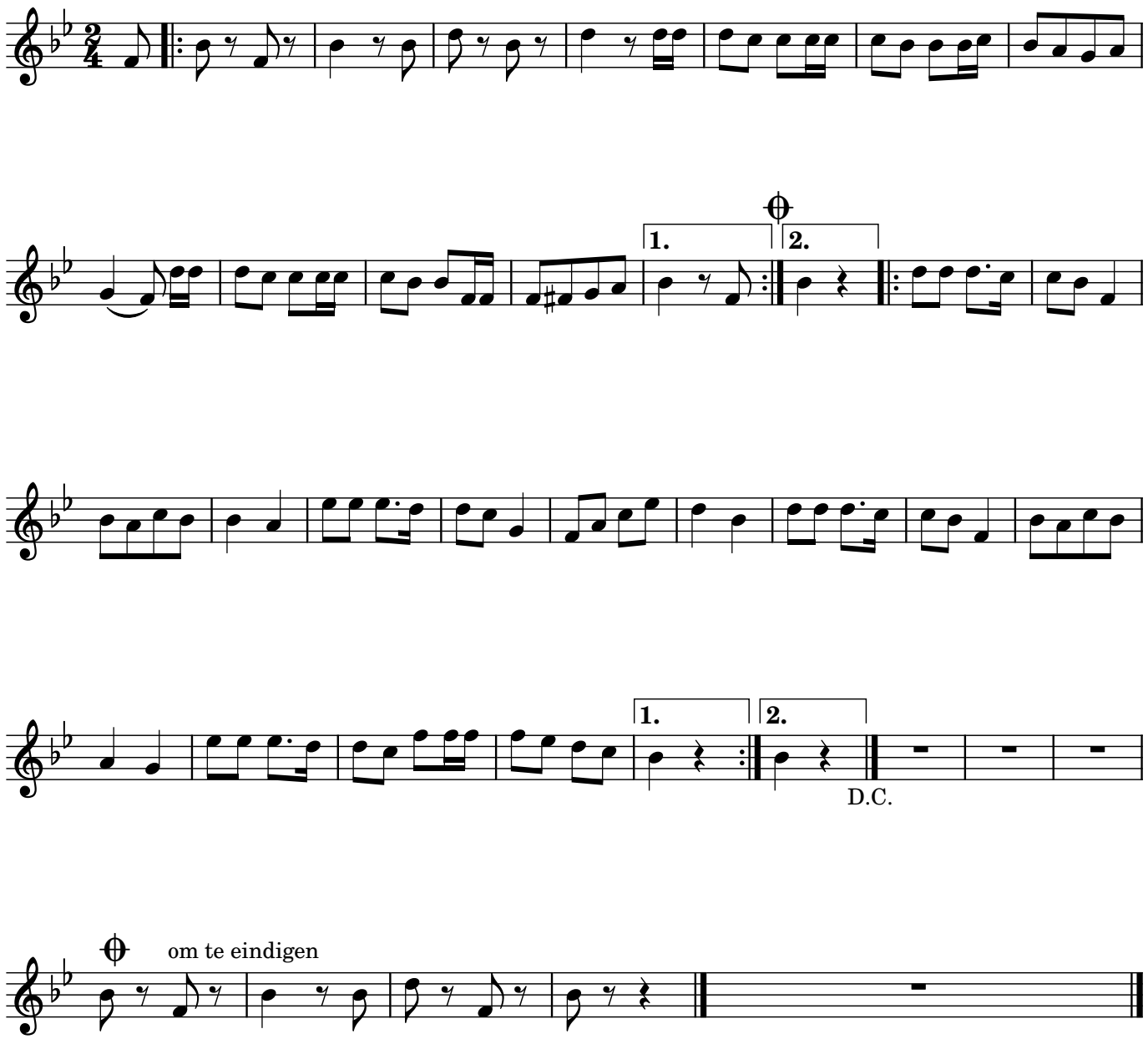545. Kribbel Essen