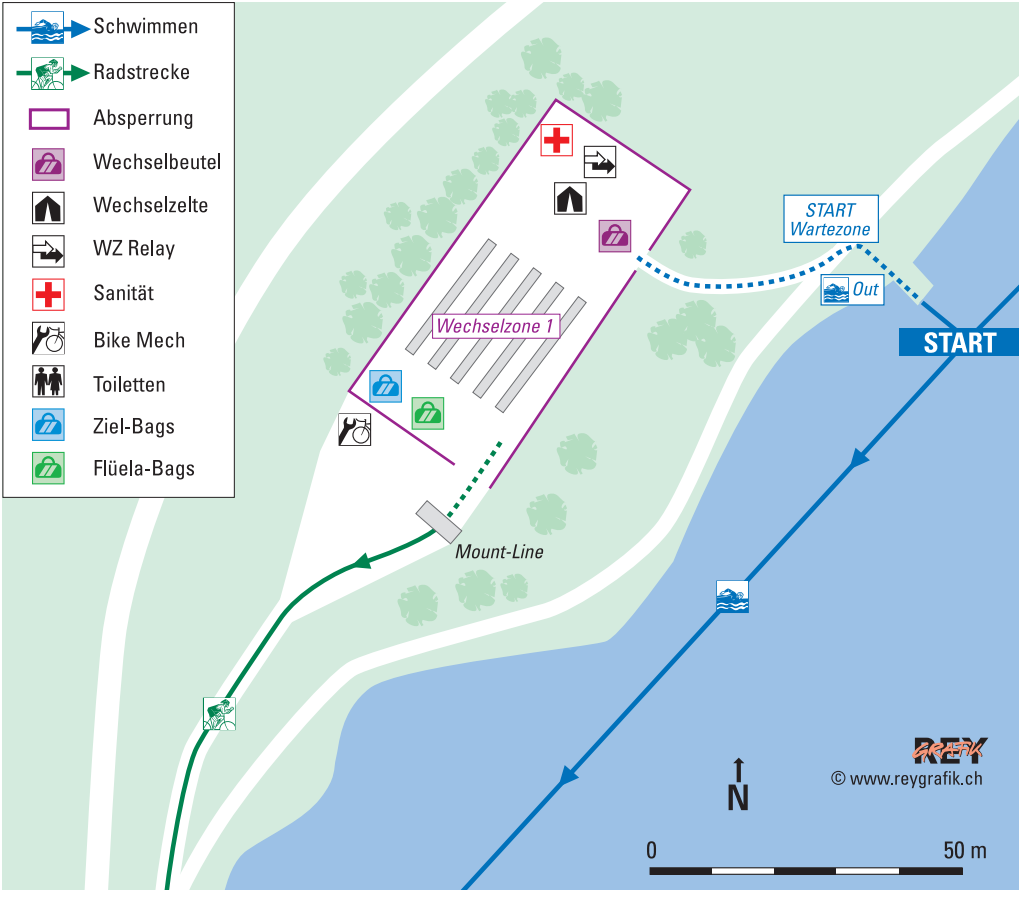Wechselzone 1, Swim-Bike