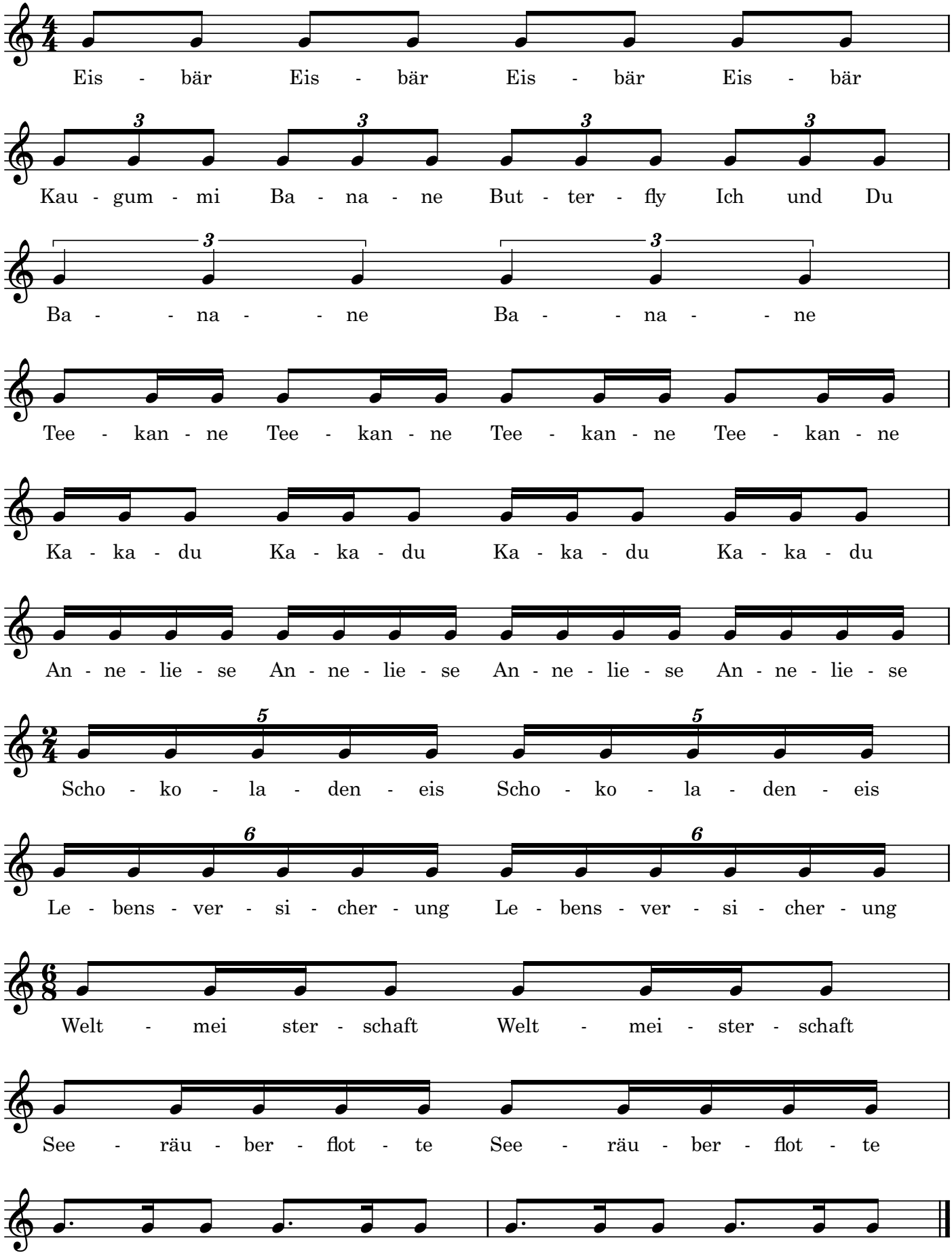Zählhilfswörter