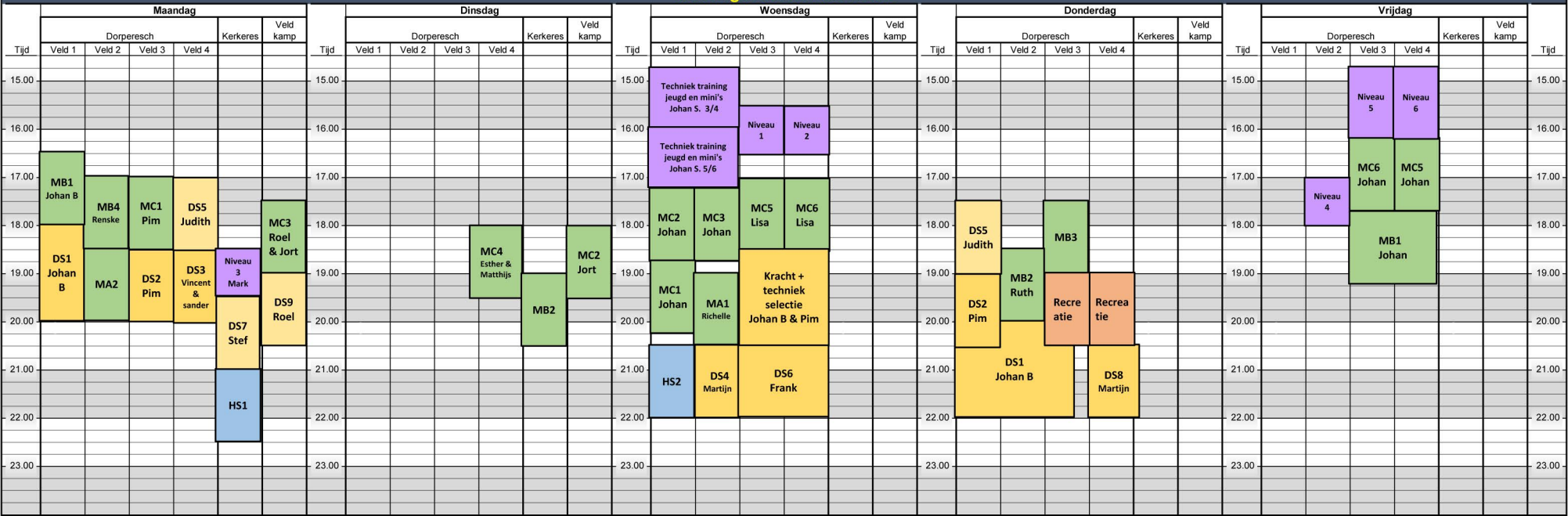Trainingsschema 2021-2022