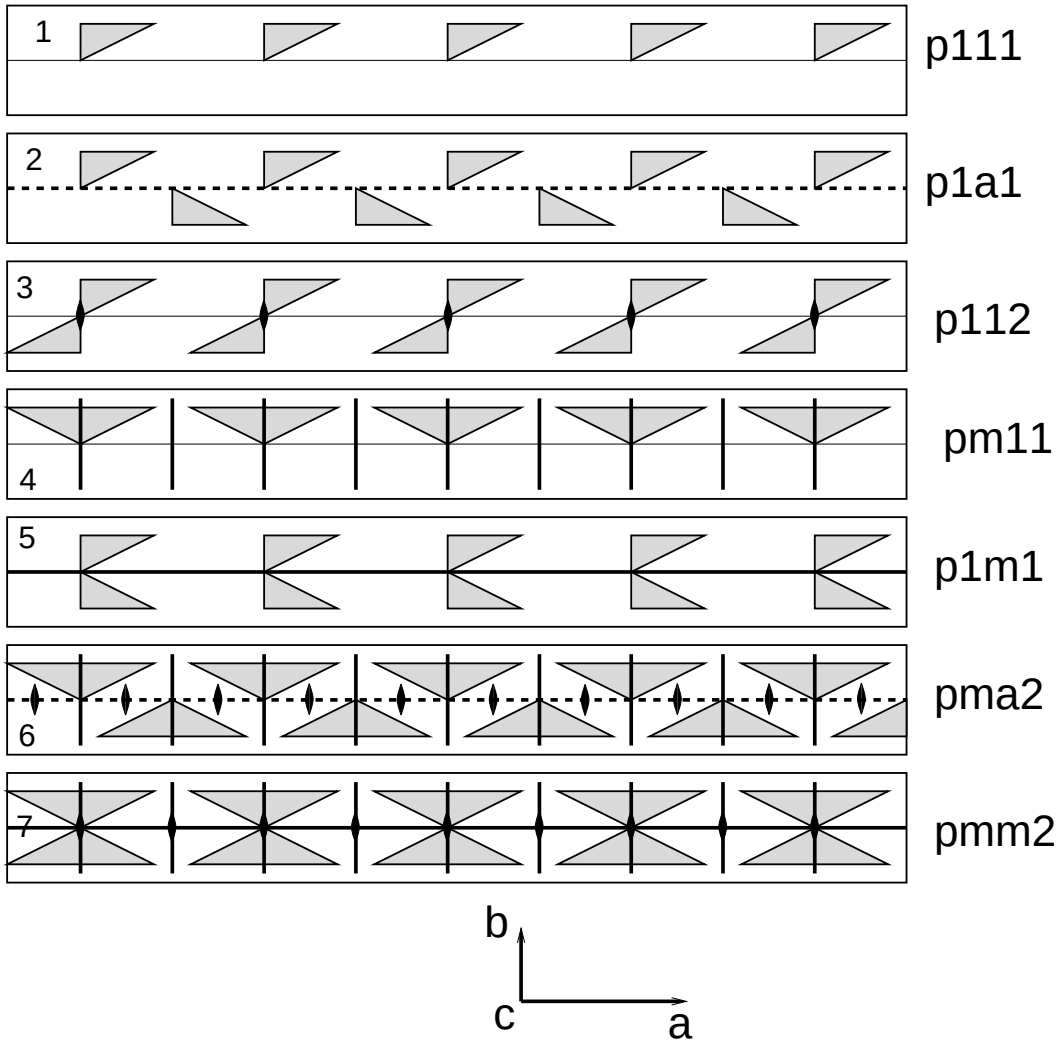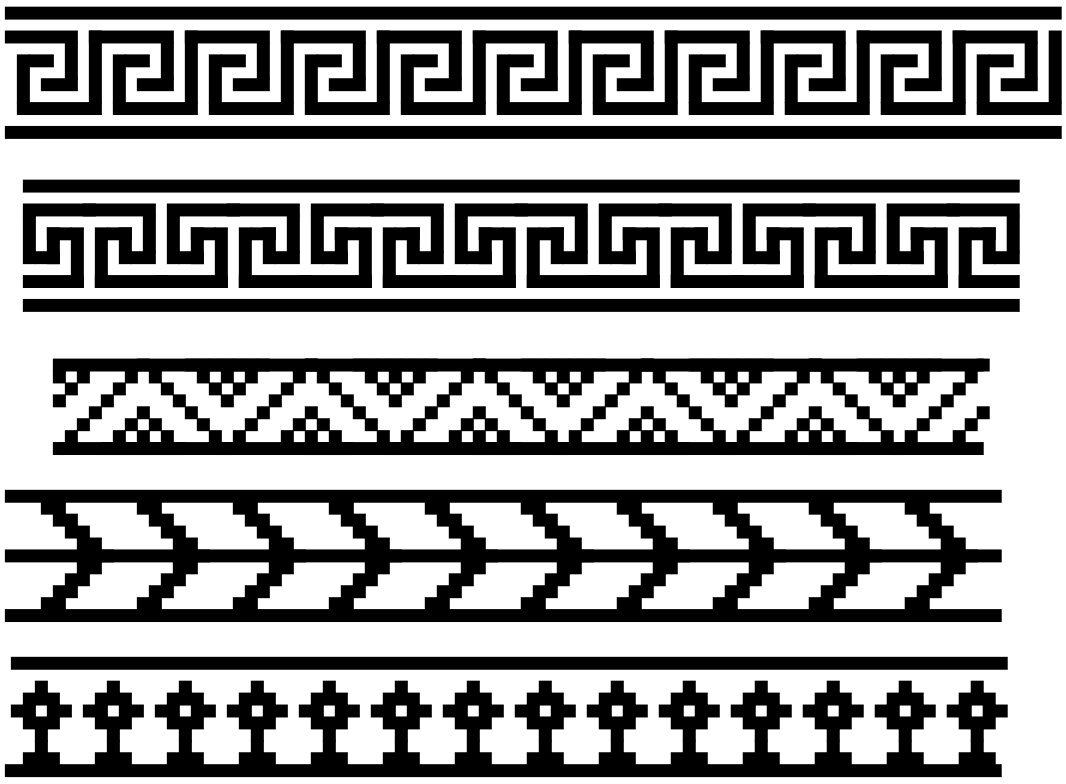Die Gruppen einseitiger Bänder