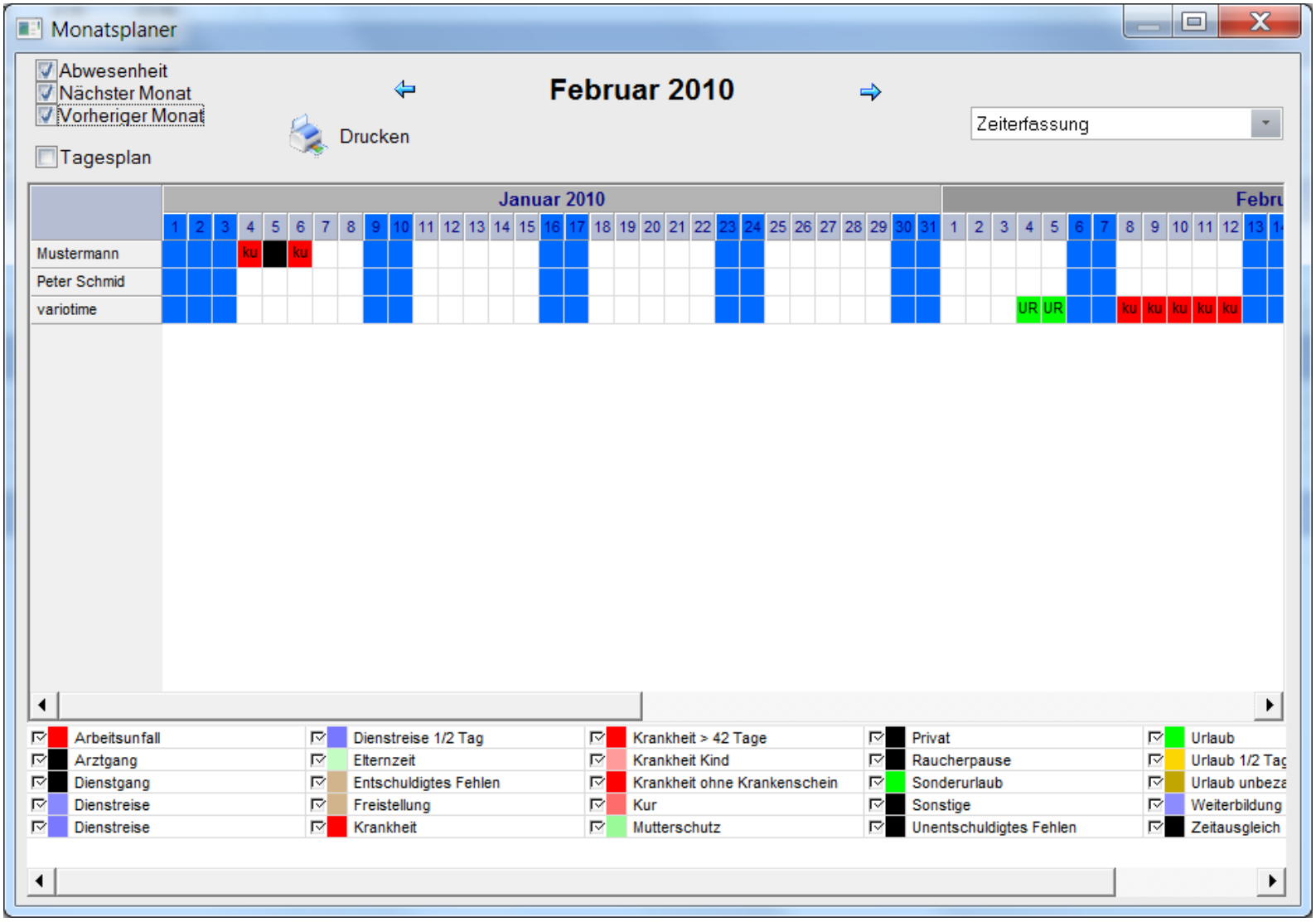Variotime Monatsplaner