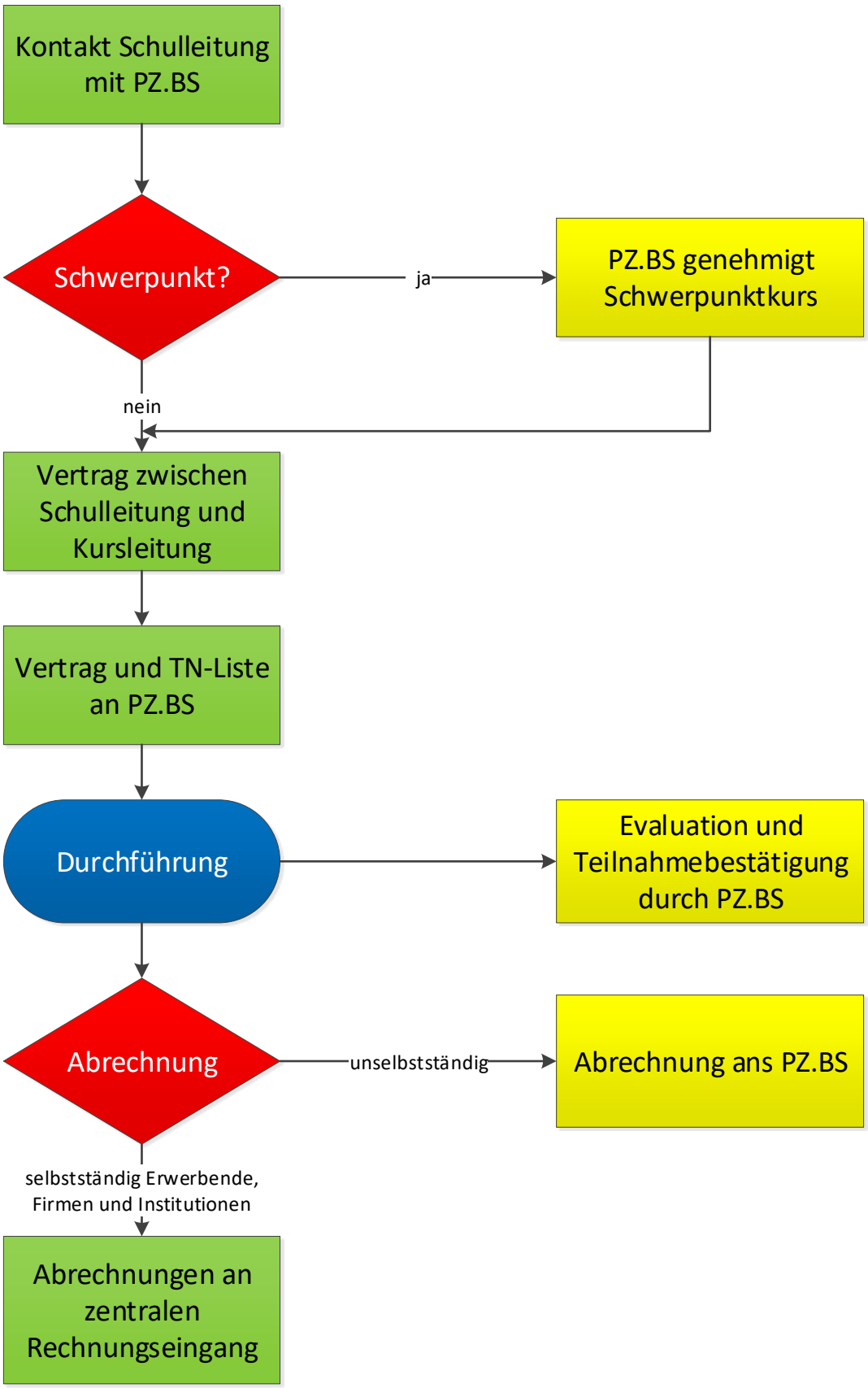Ablauf SiWB Schwerpunktkurs aus Kursprogramm