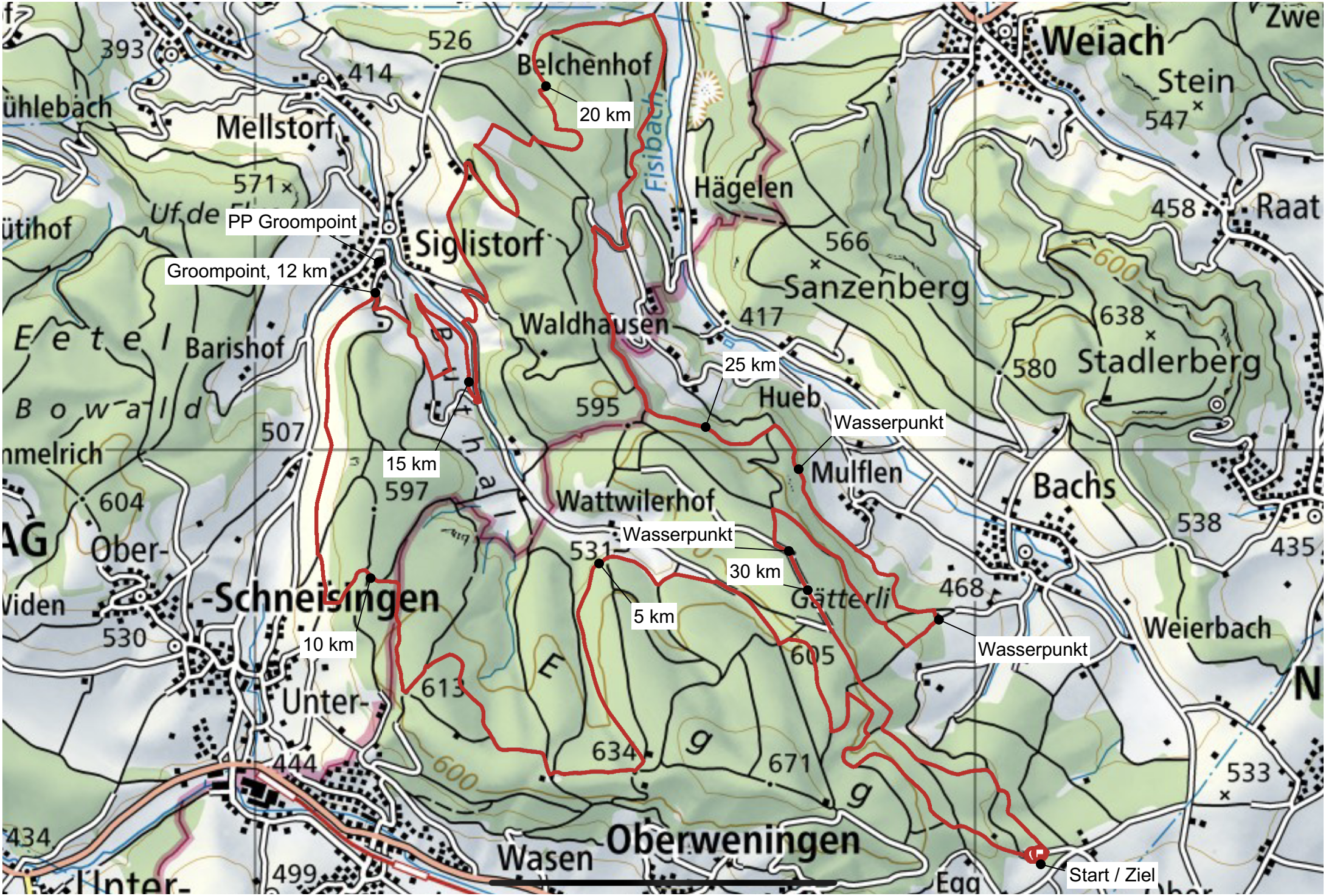33 km Runde, rot