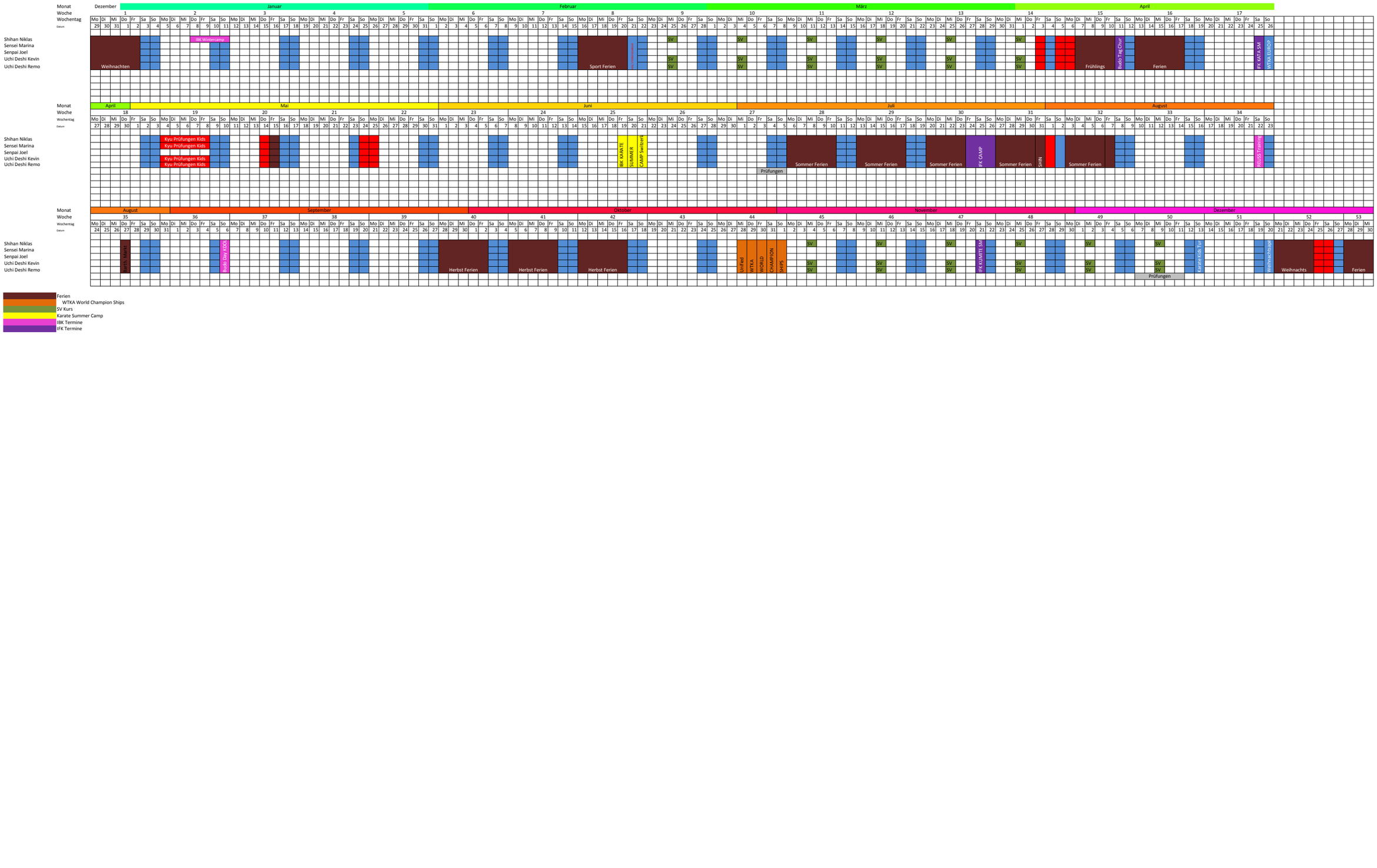Trainingsplan Budoaki Mels 2015