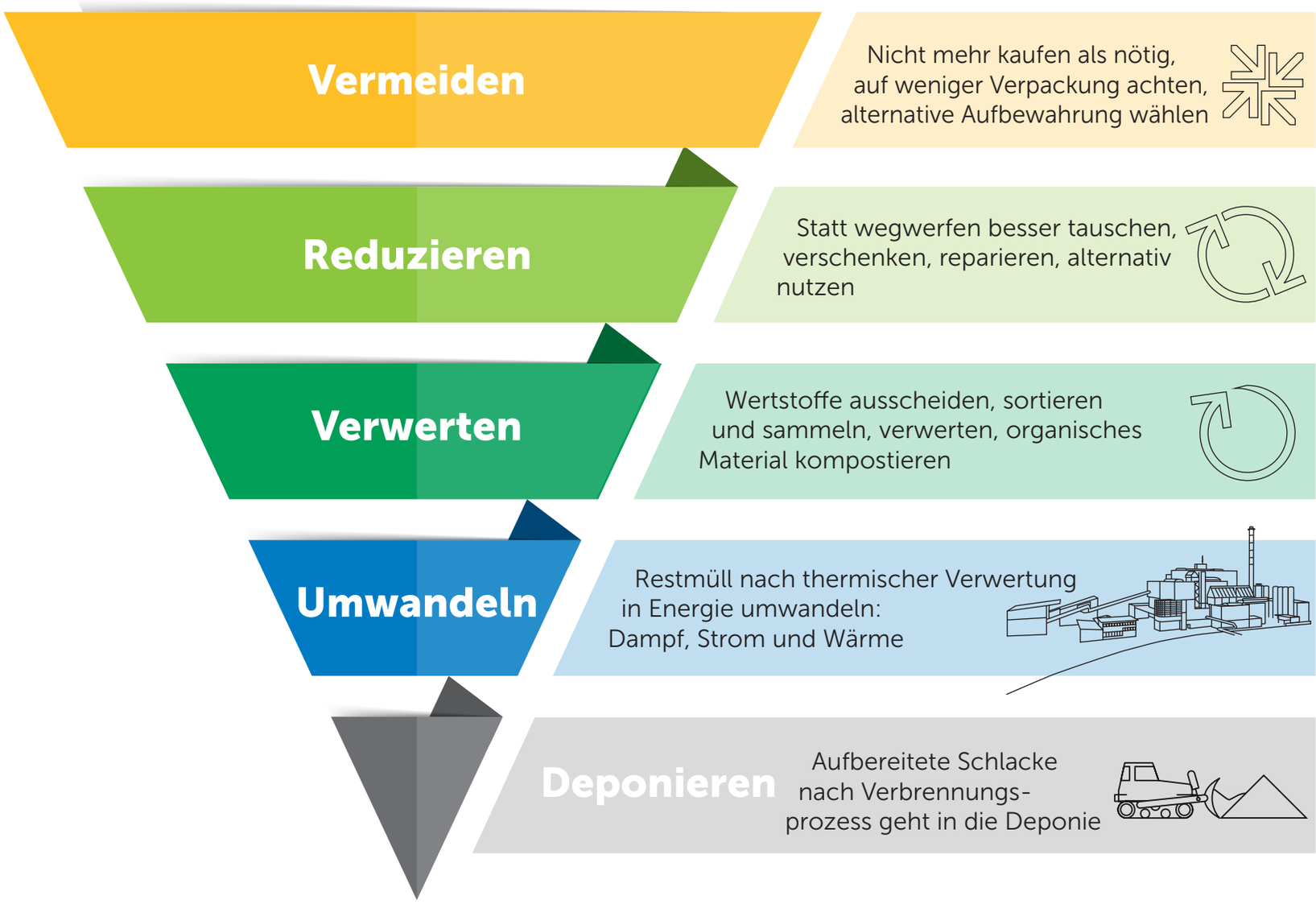Abfall Pyramide