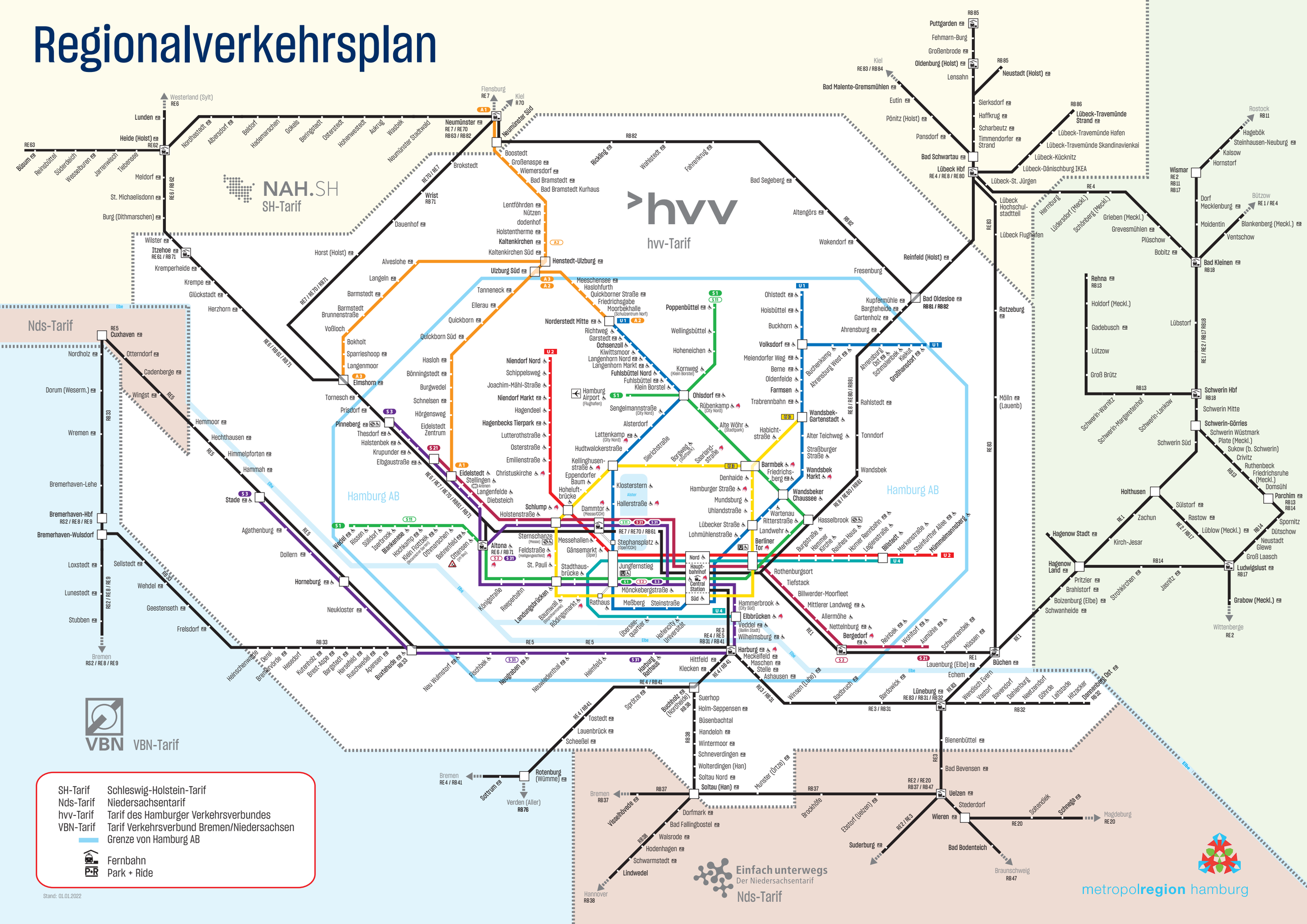Regionalverkehrsplan