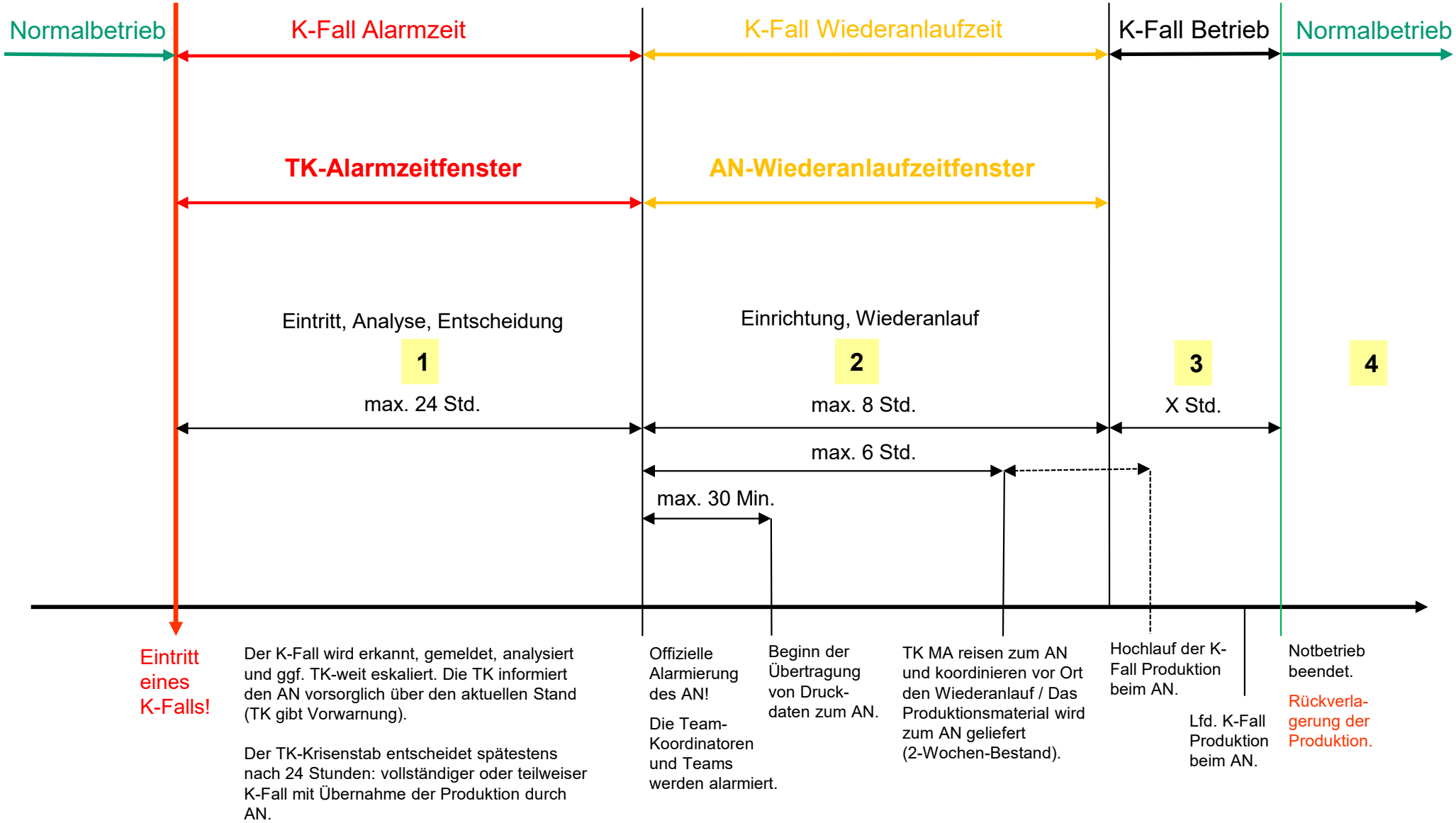Wiederanlaufphasen und -zeiten