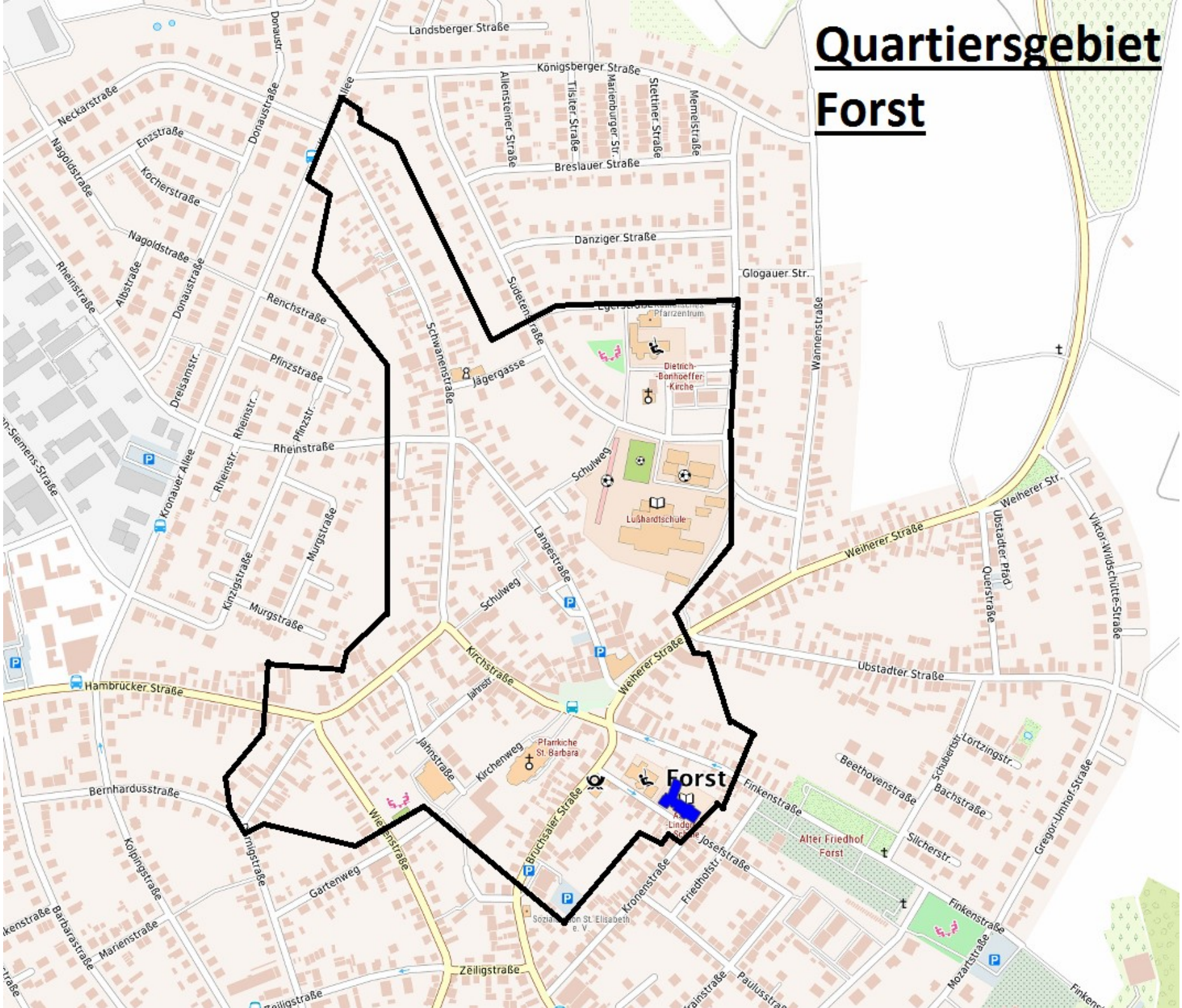Quartiersgebiet Forst