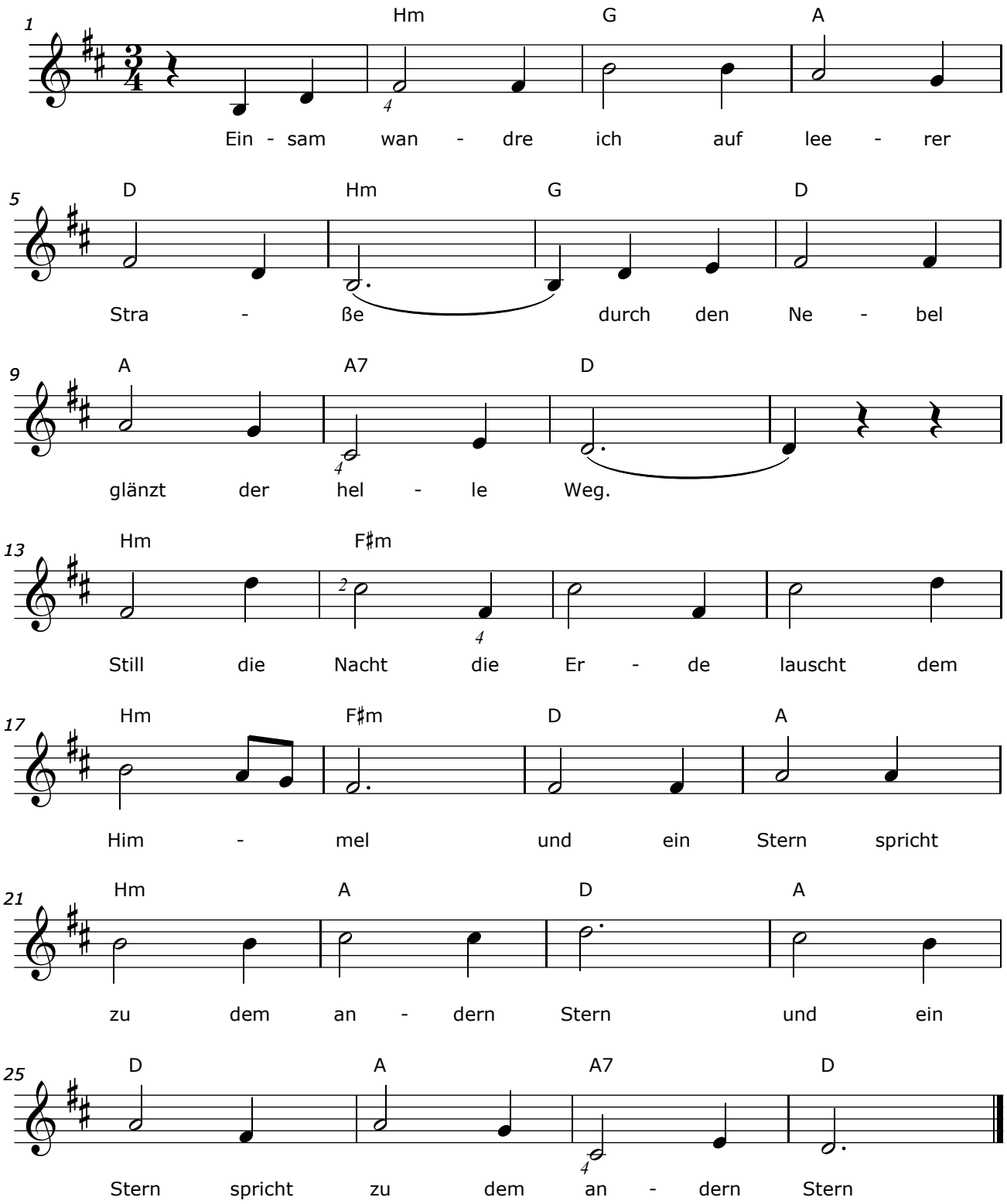Einsam Wandre ich