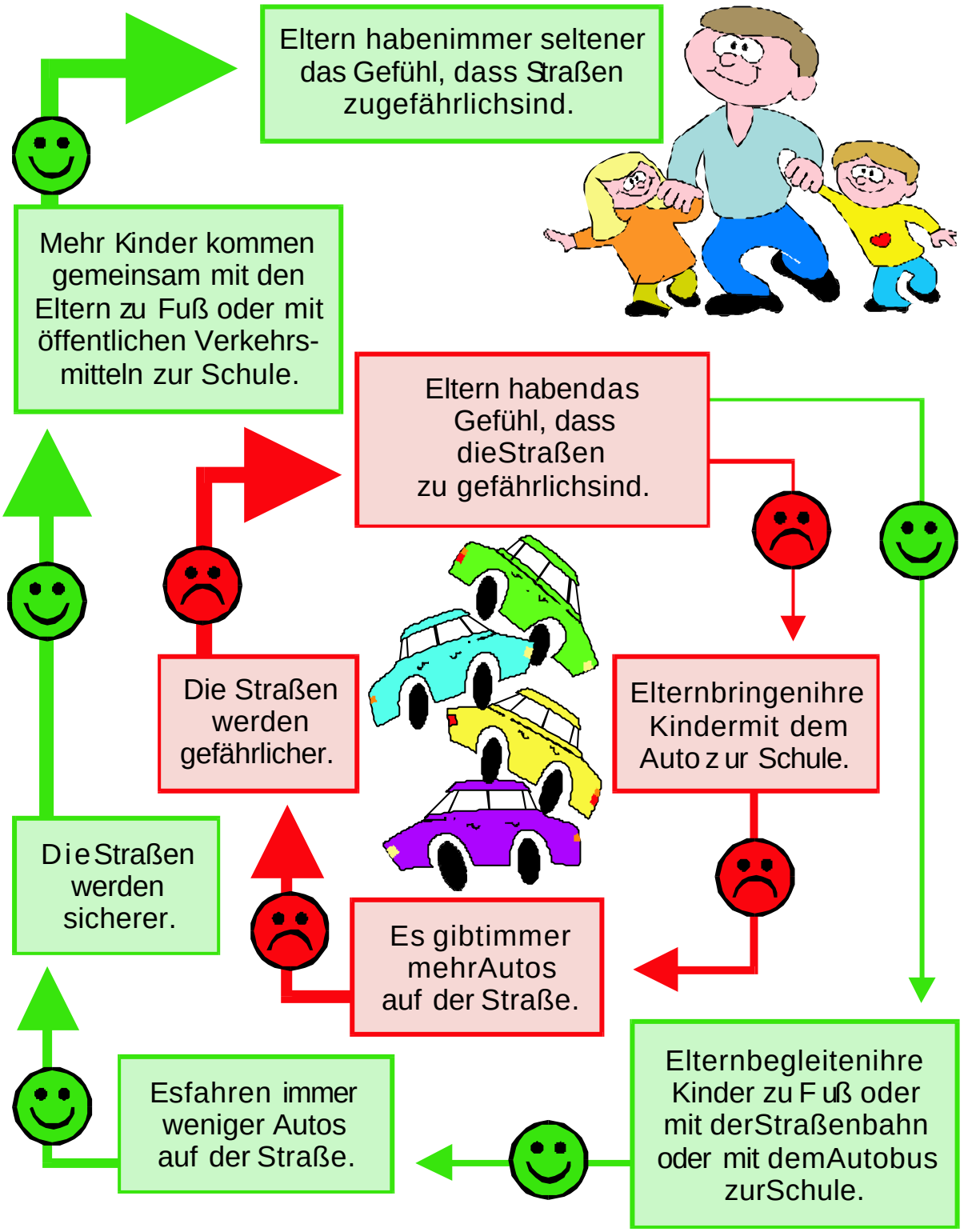Verkehrsspirale