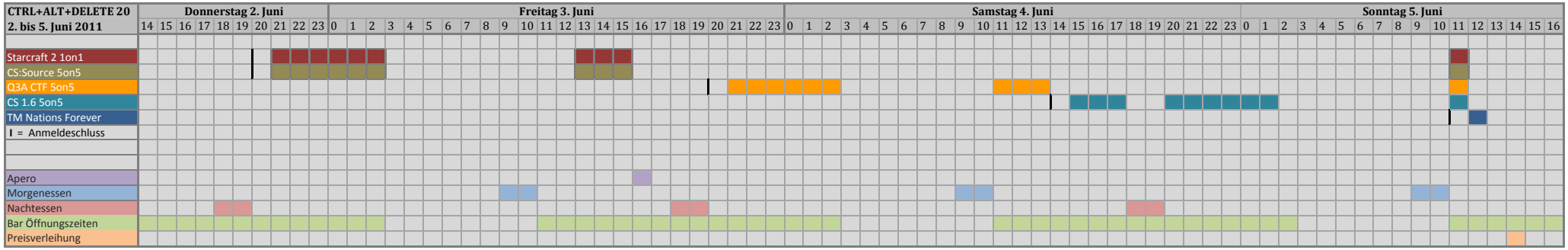Zeitplan CTRL+ALT+DELETE 20