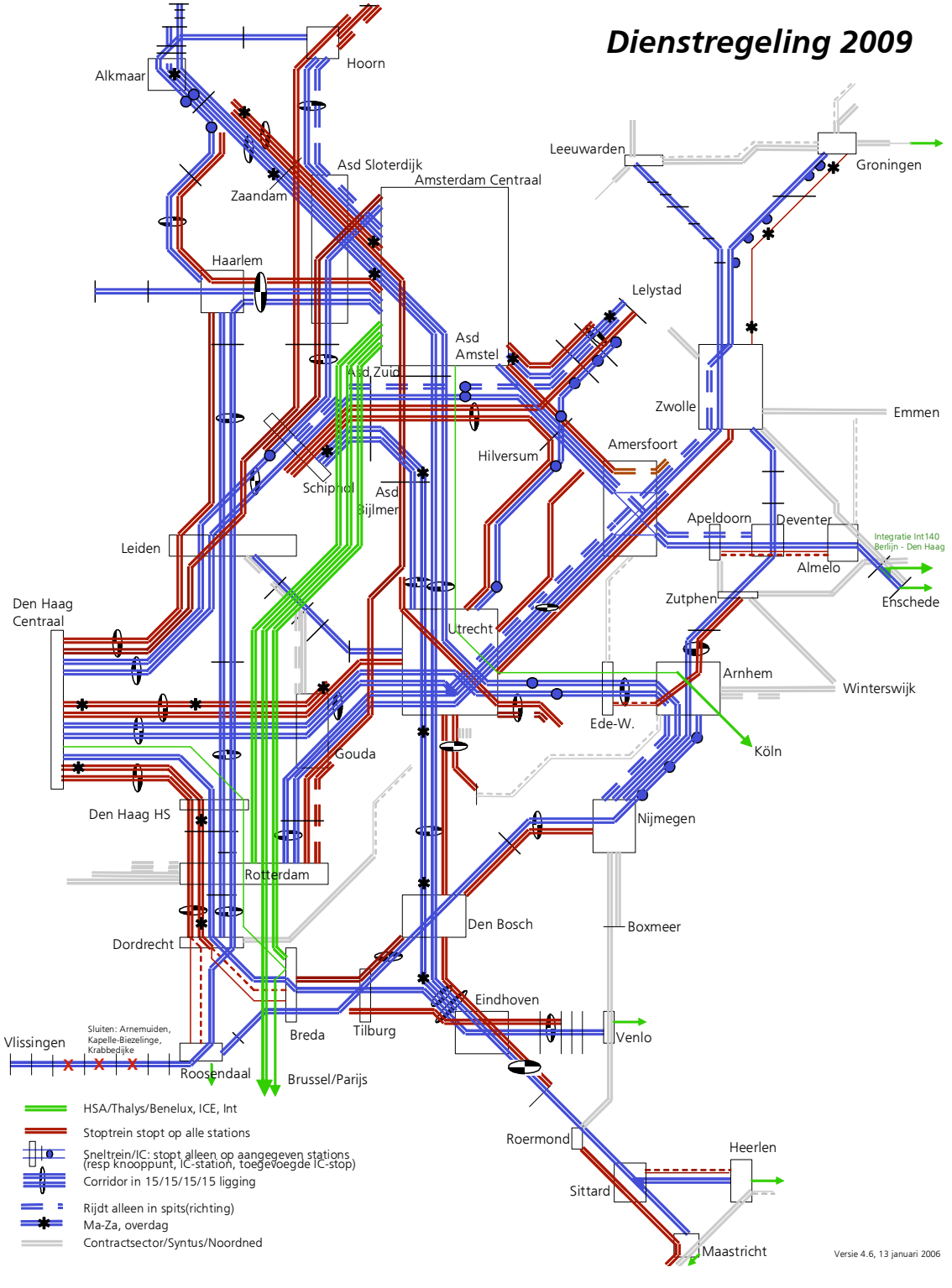Dienstregeling 2009