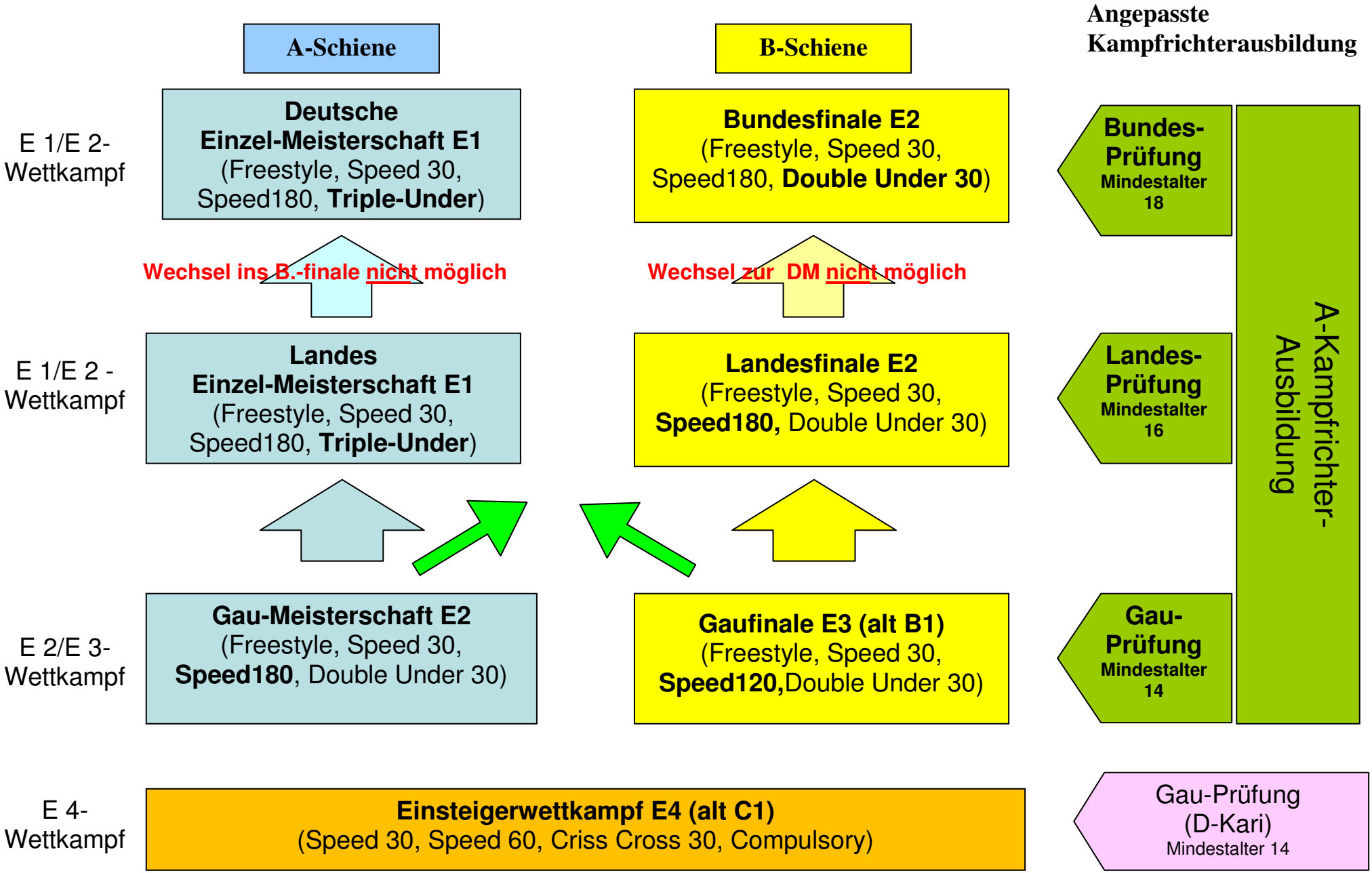BTB - Leitfaden Einzel - Wettkämpfe