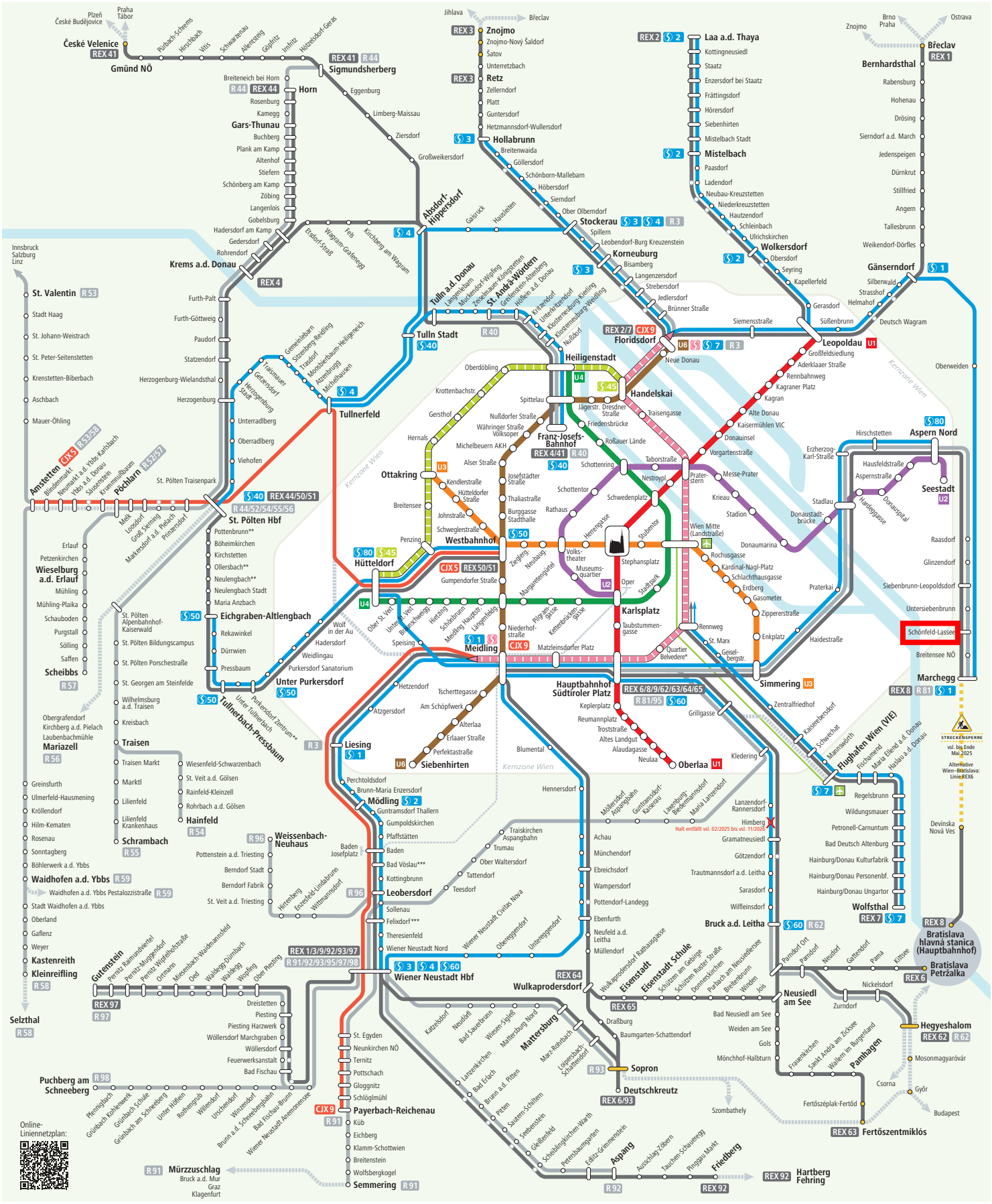Nahverkehr Ostregion