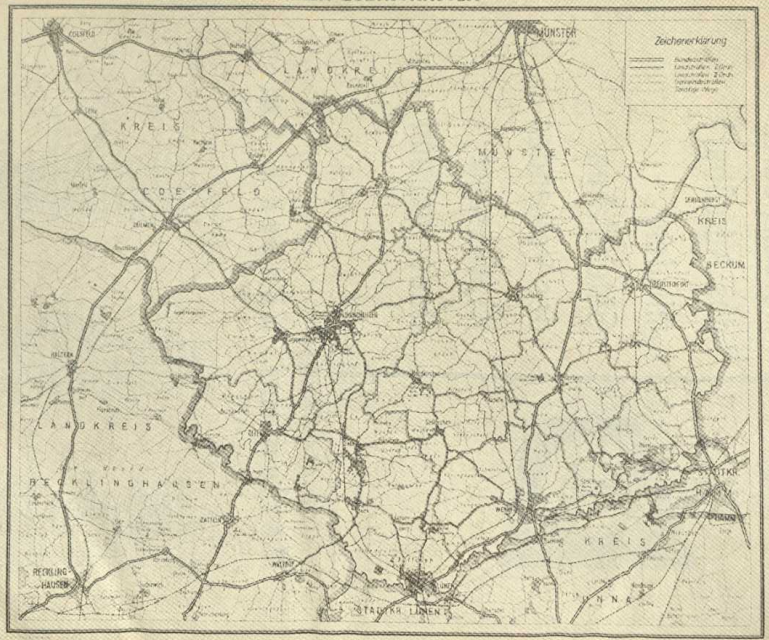KREIS LÜDINGHAUSEN