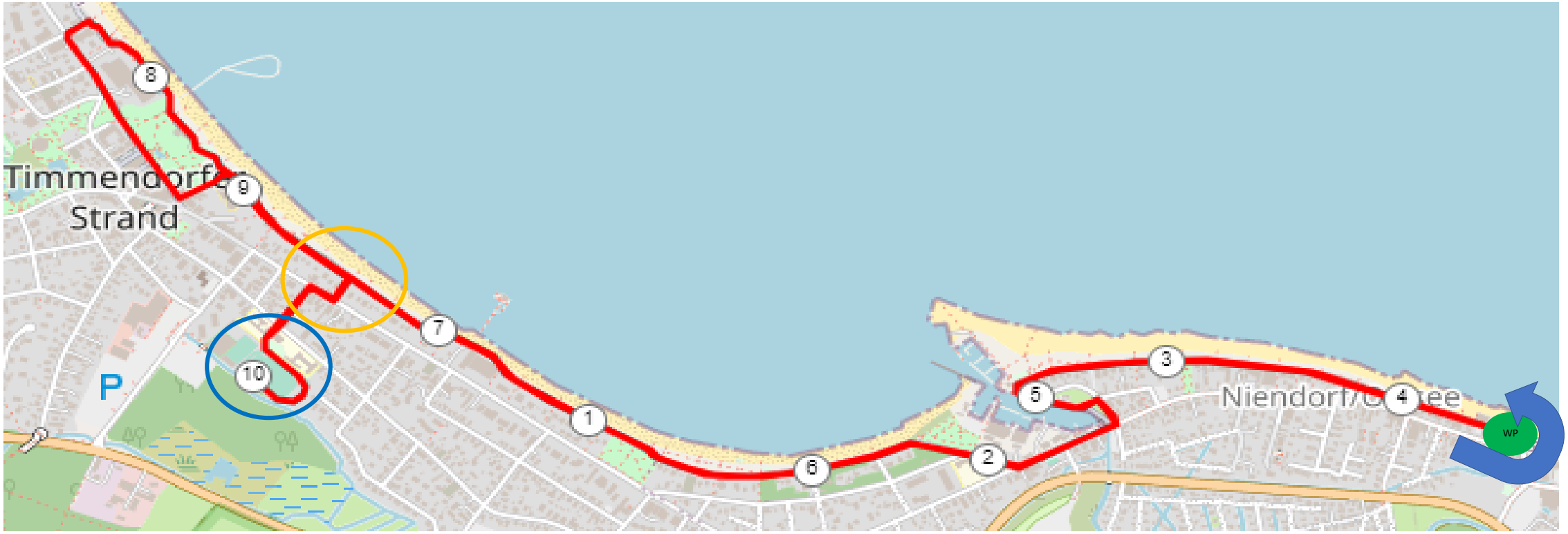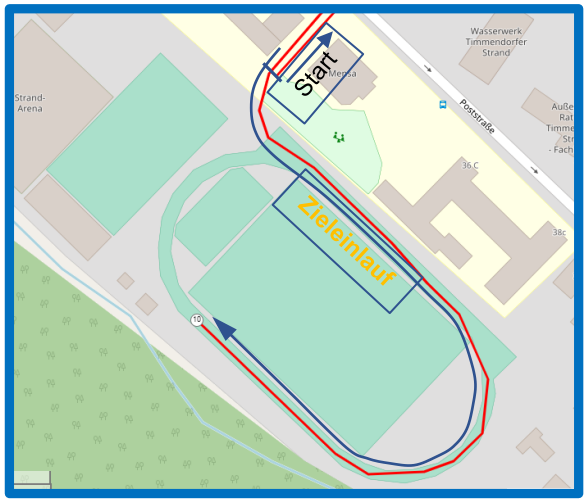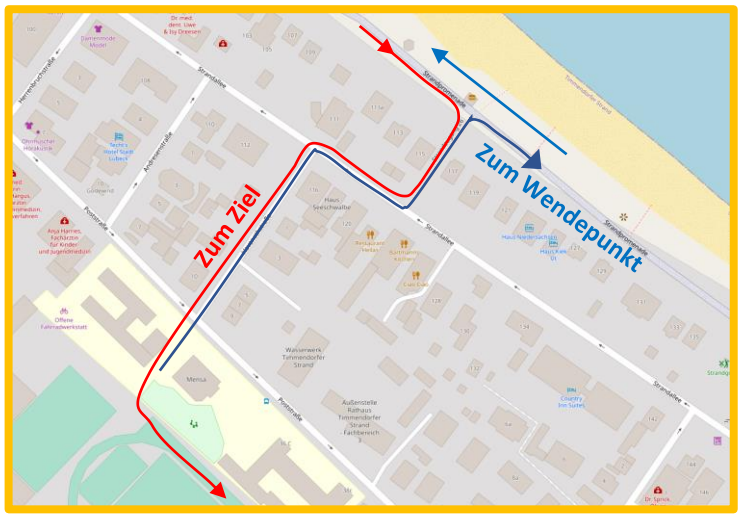Ostseelauf 10km