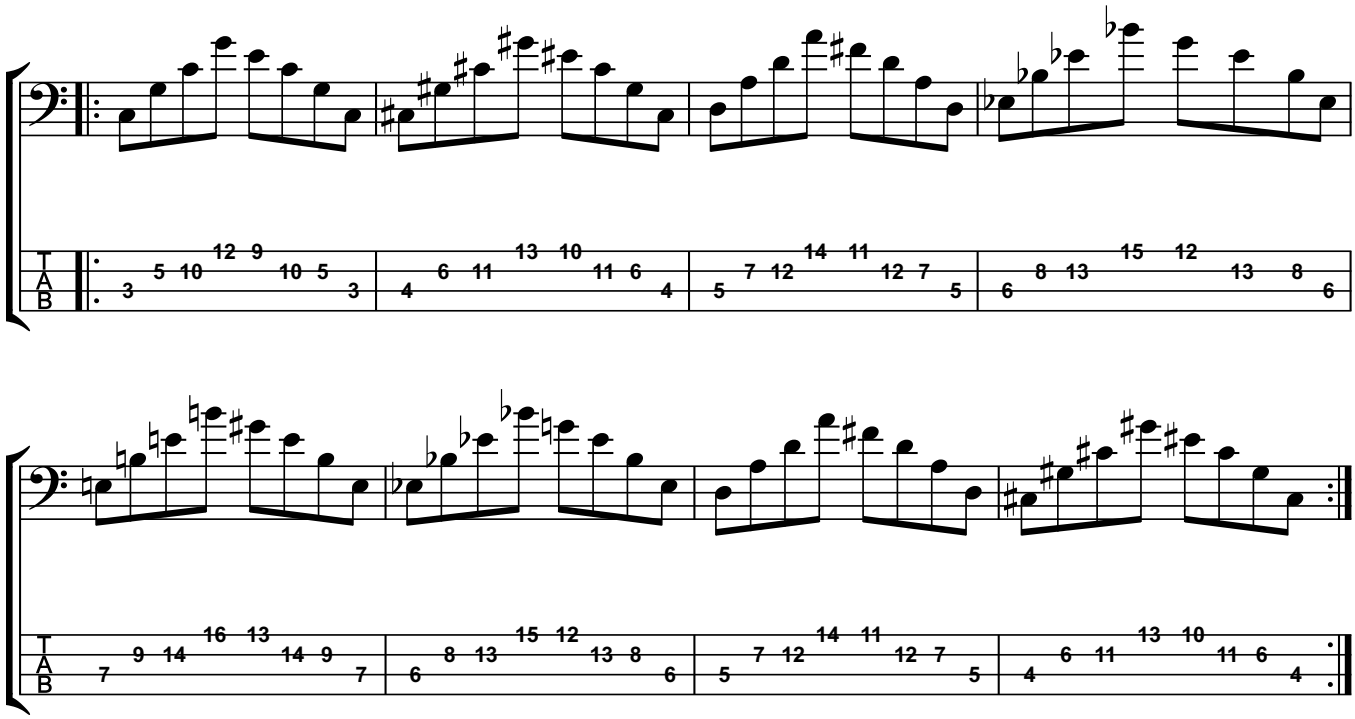Warm Up Lagenwechsel