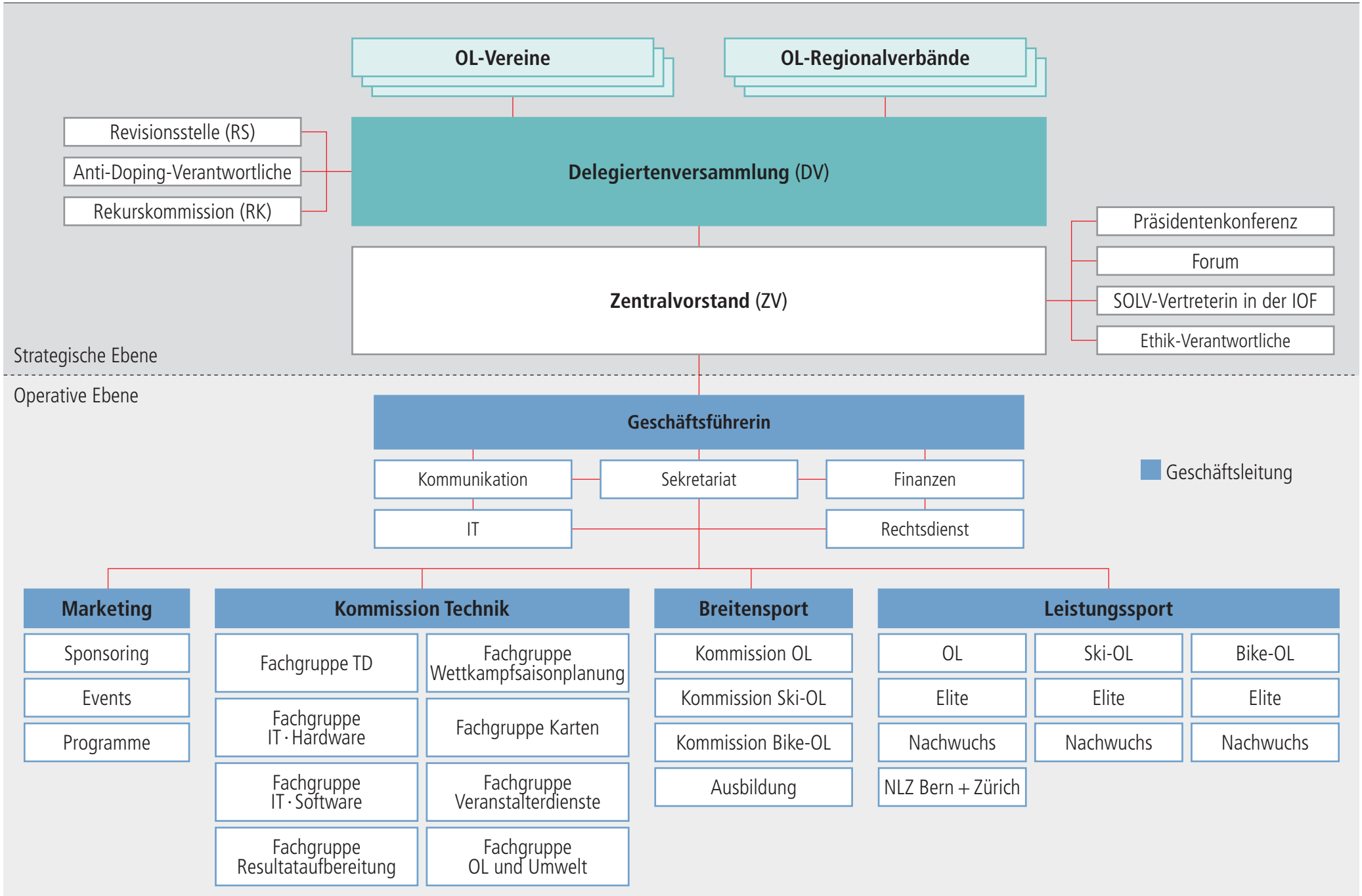Schweizerischer Orientierungslauf-Verband