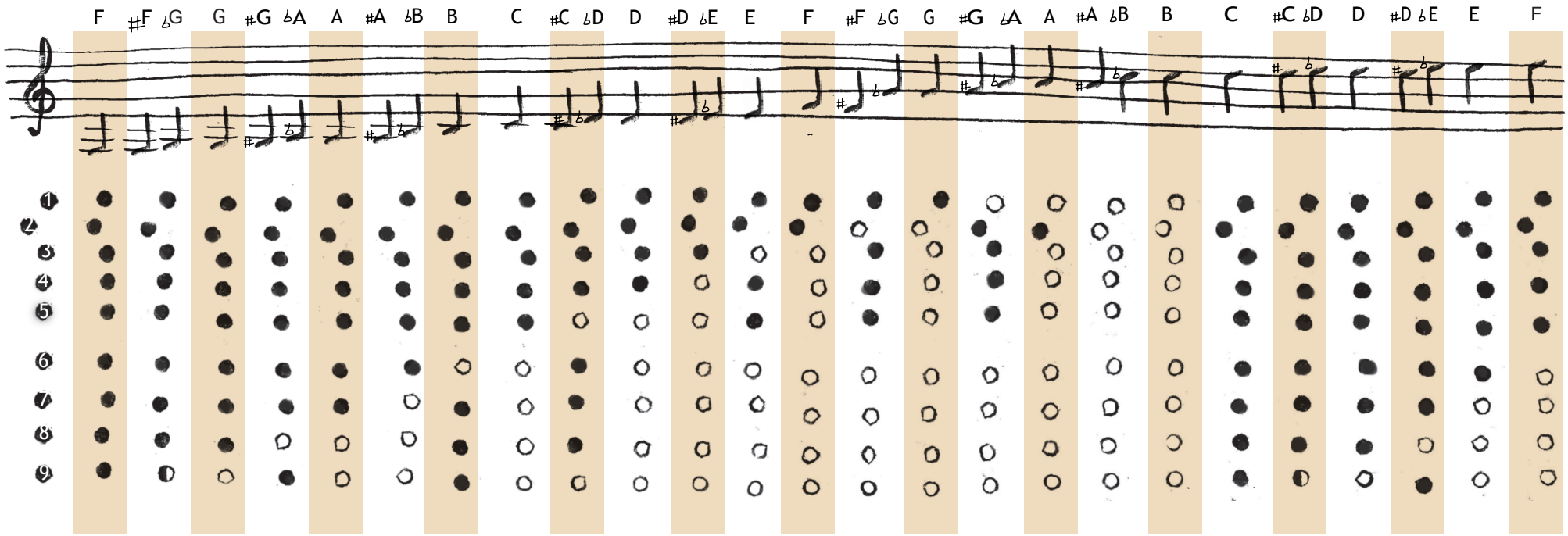Grifftabelle Xaphoon F