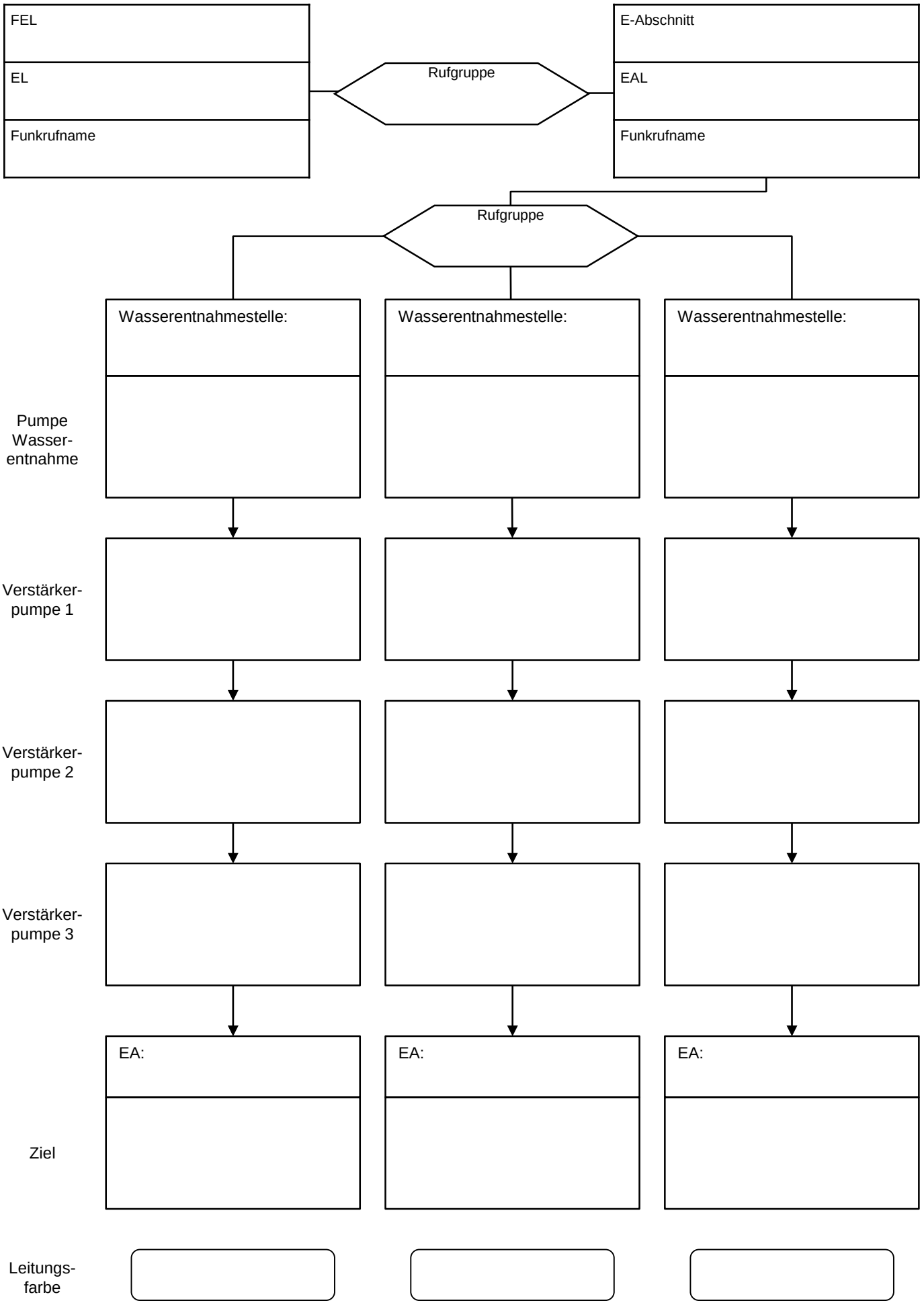Wasserförderung über lange Wegstrecken