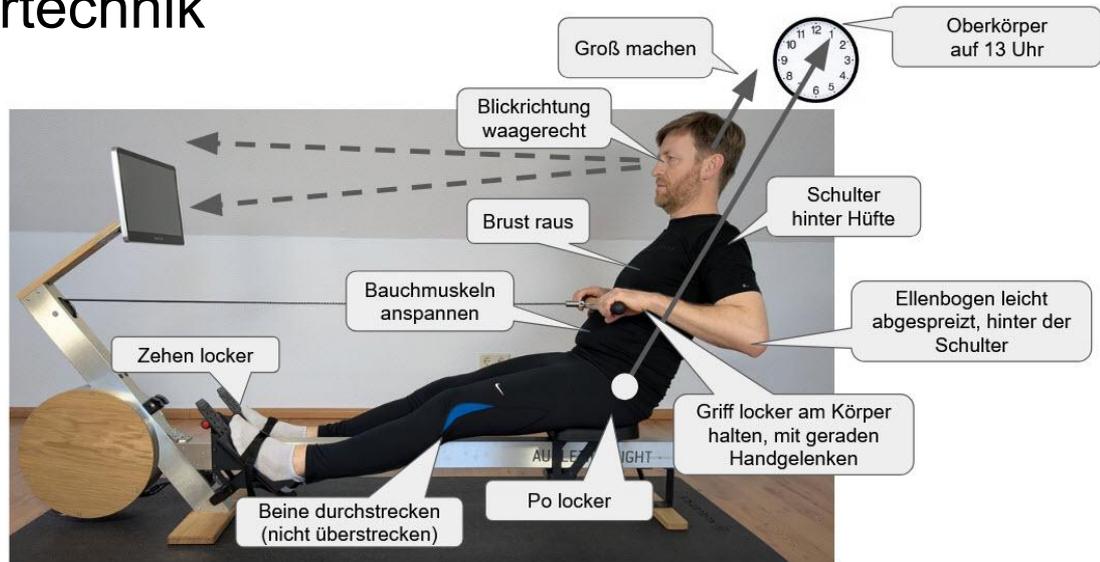
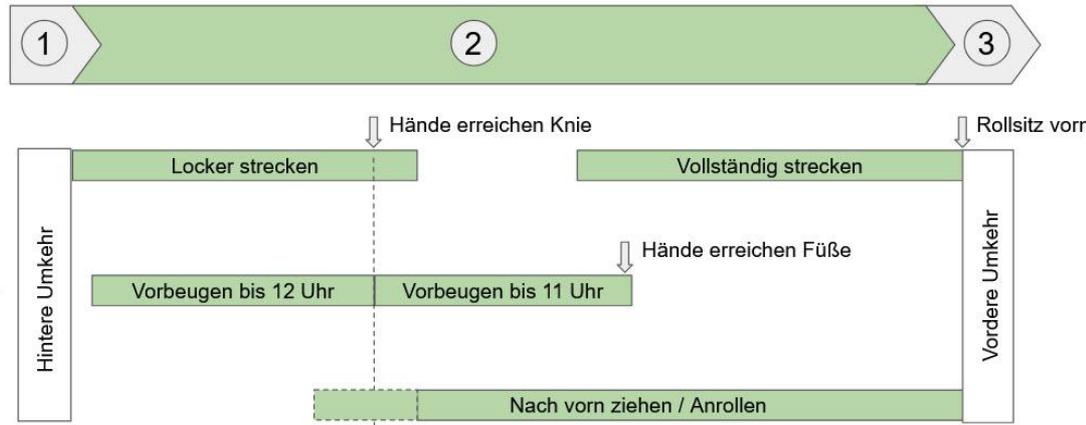


Spickzettel Rudertechnik

1 Hintere Umkehr



2 Vorrollen



3 Vordere Umkehr



4 Durchzug

