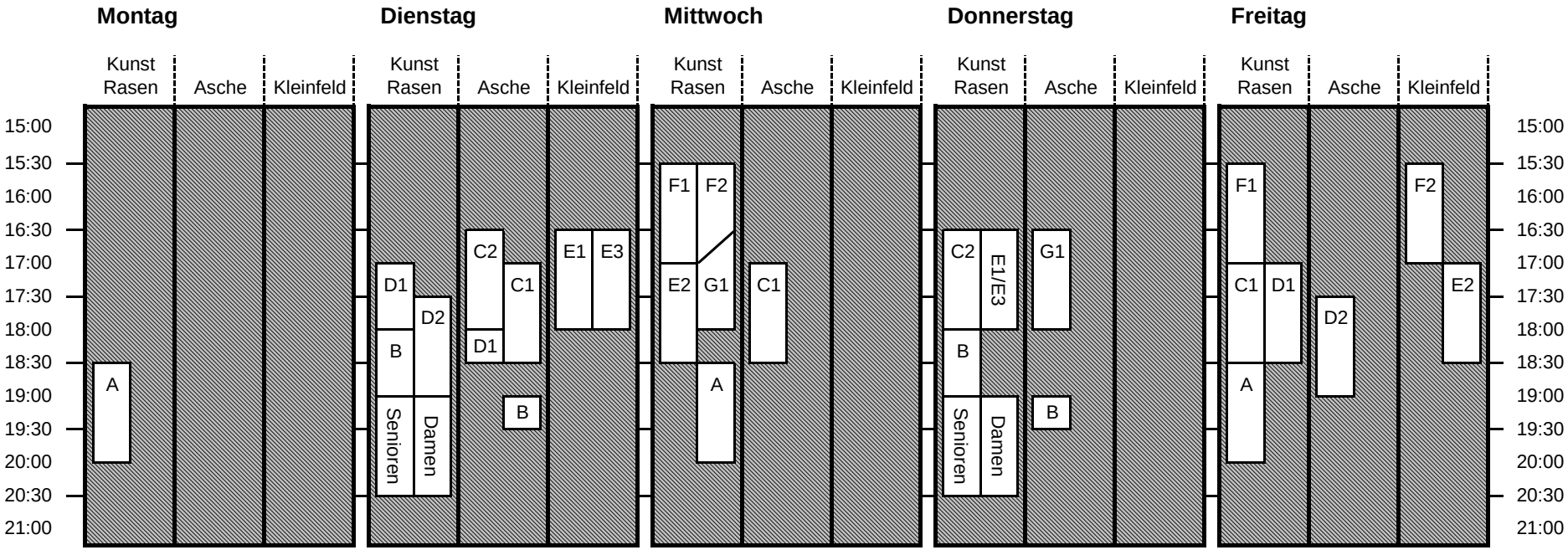Aktueller Trainingsplan des BC Efferen für die Saison 2008/09