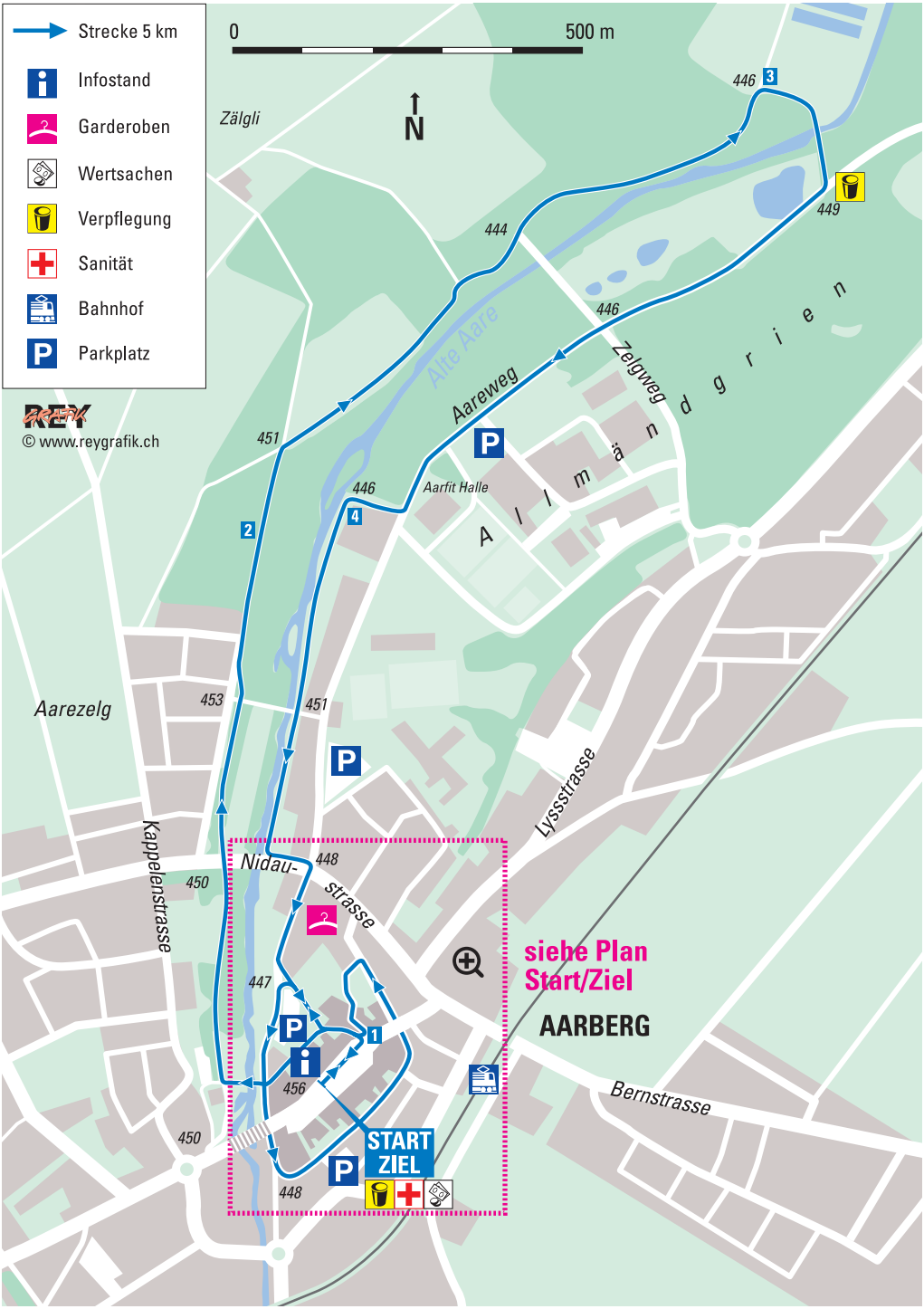Stedtlilouf Aarberg, 5 km, 1 Runde