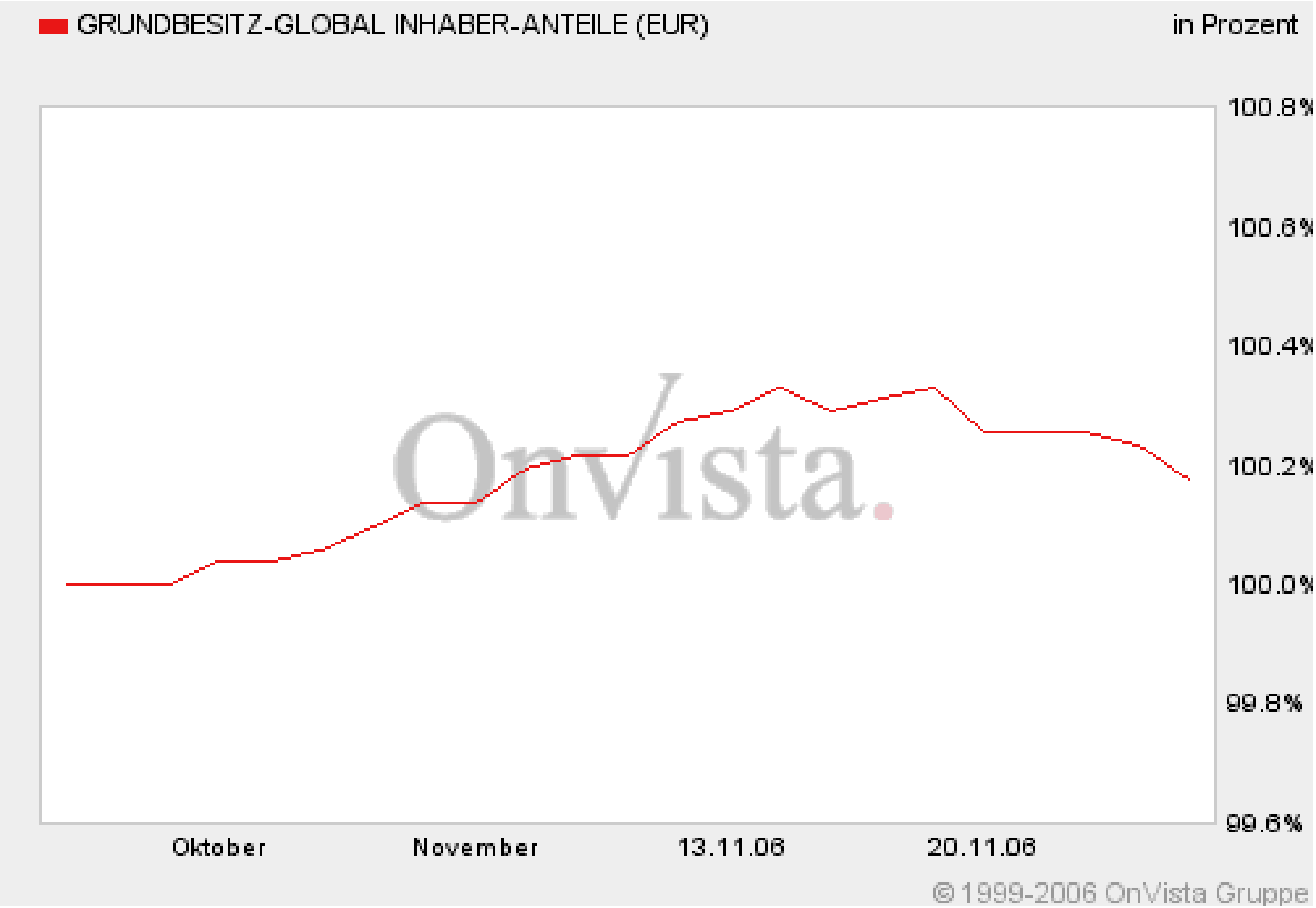1 Monat 3 Monate 6 Monate 1 Jahr 3 Jahre 5 Jahre 10 Jahre