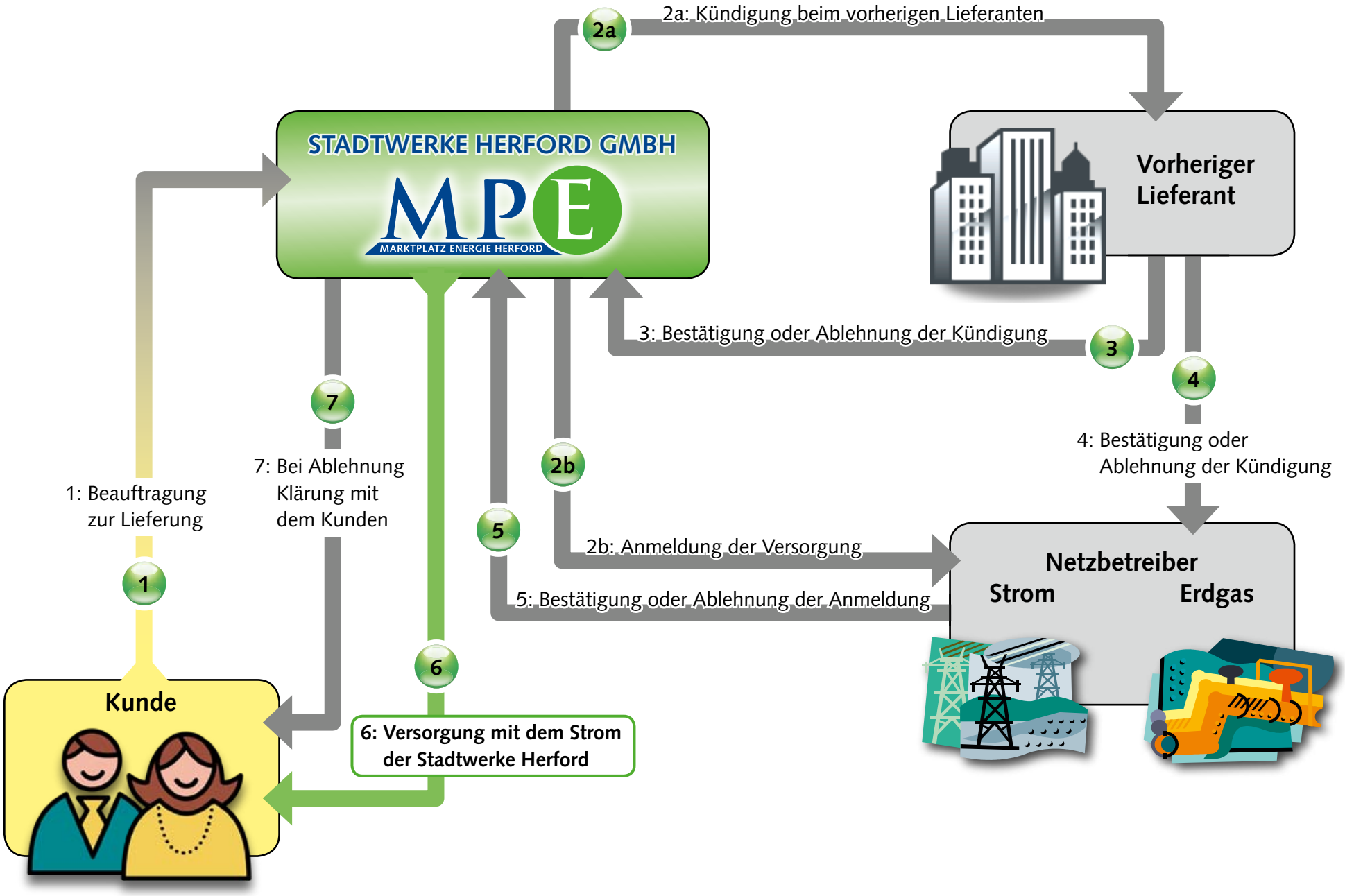Der Wechselprozess bei Strom und Erdgas