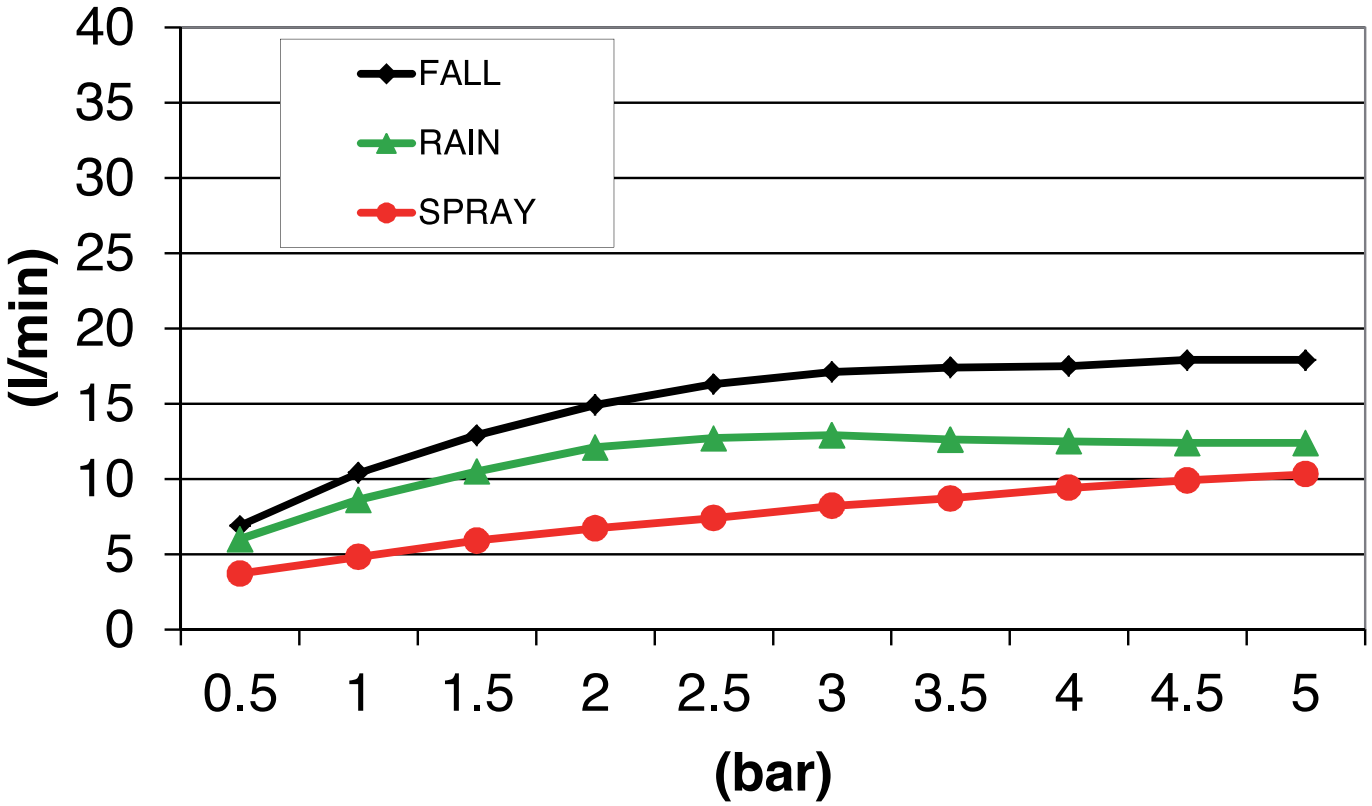Doorstroomtabel M146