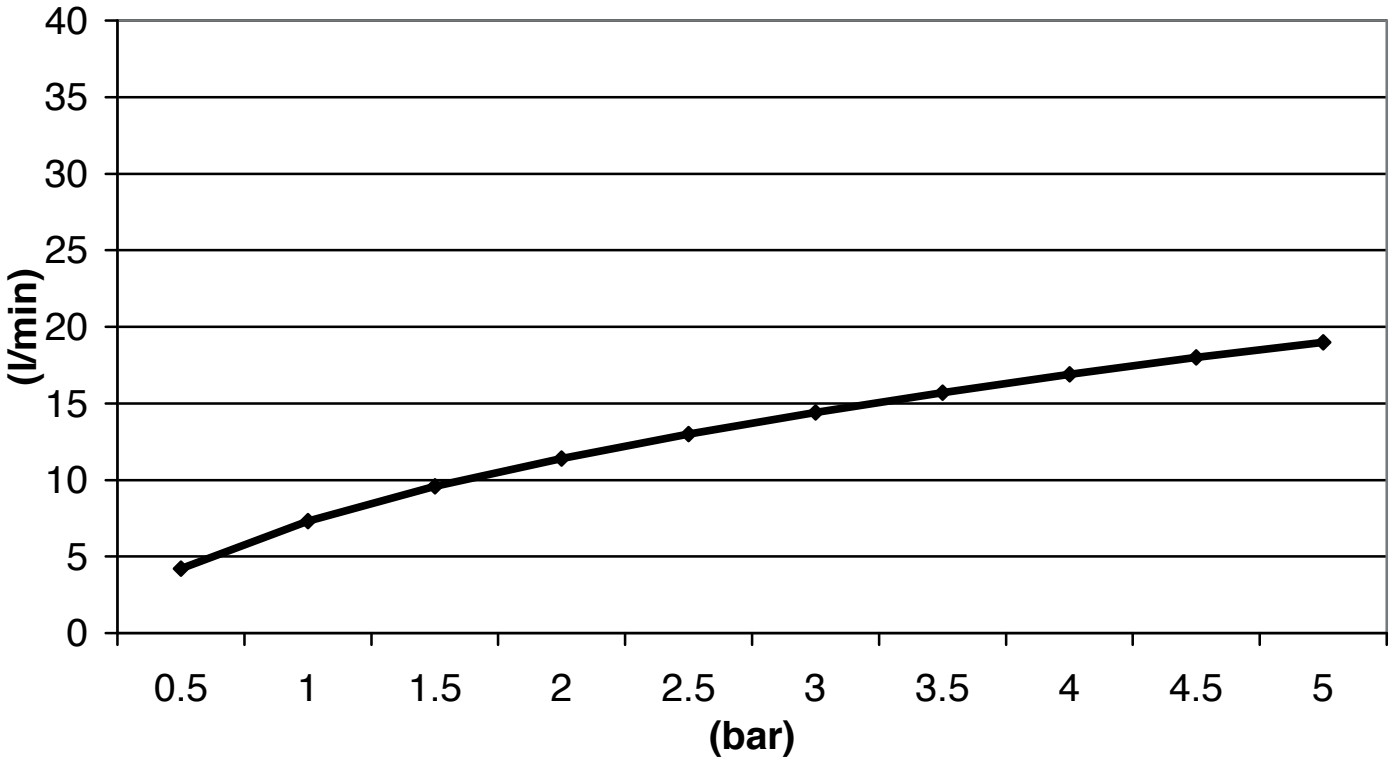Doorstroomtabel M122