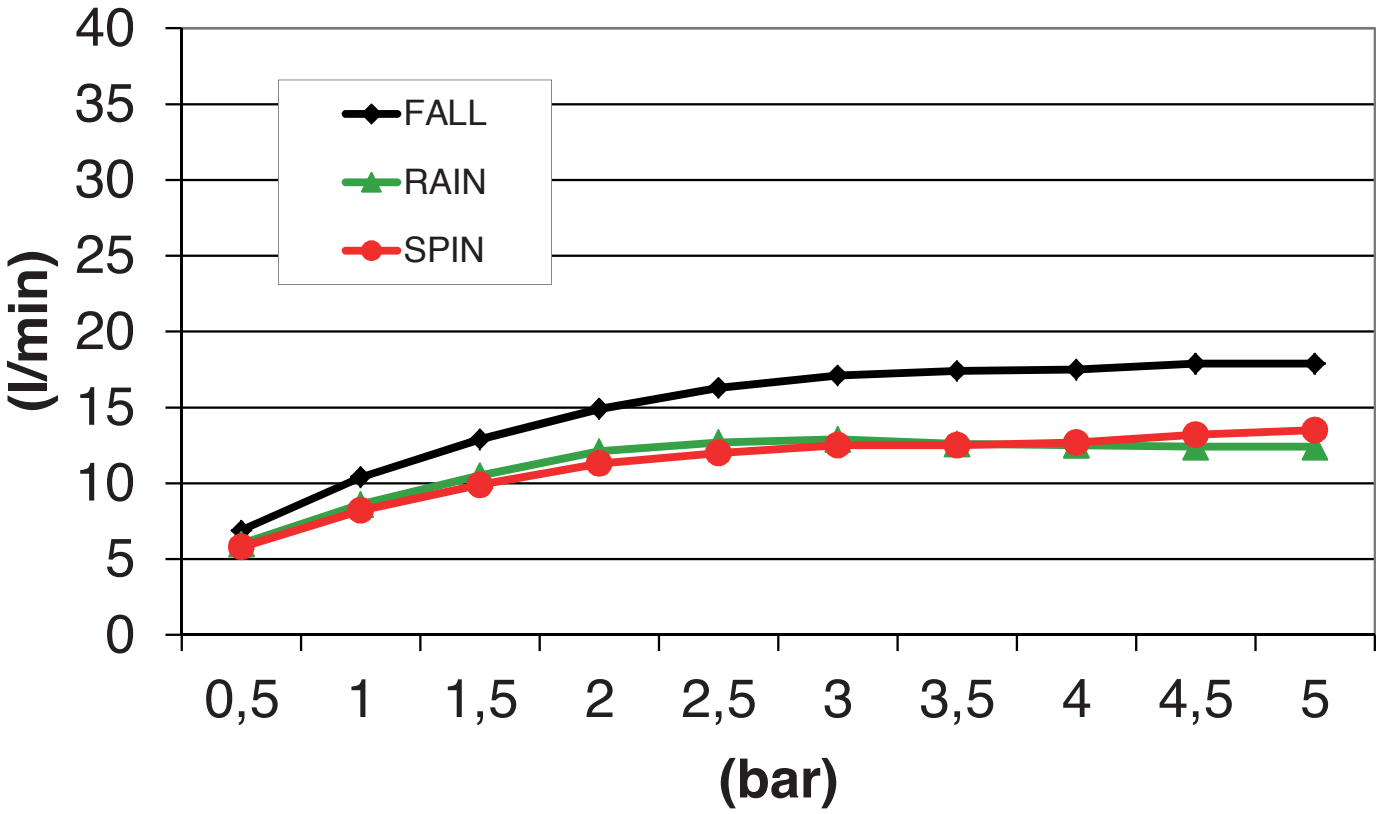Doorstroomtabel M190