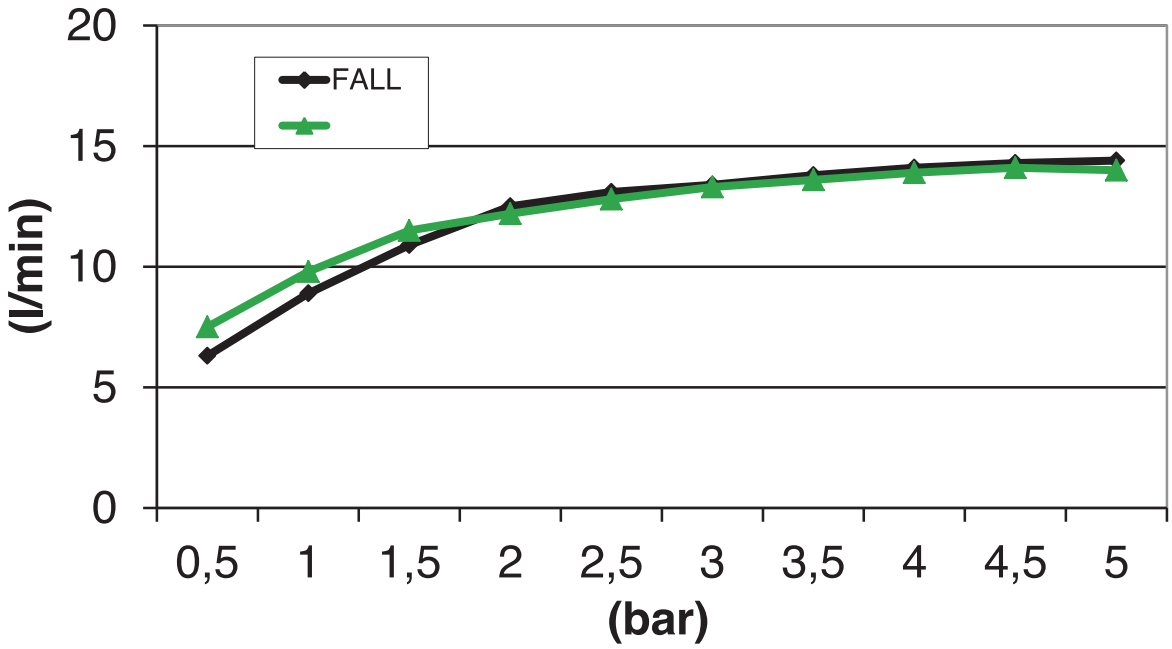Doorstroomtabel M193