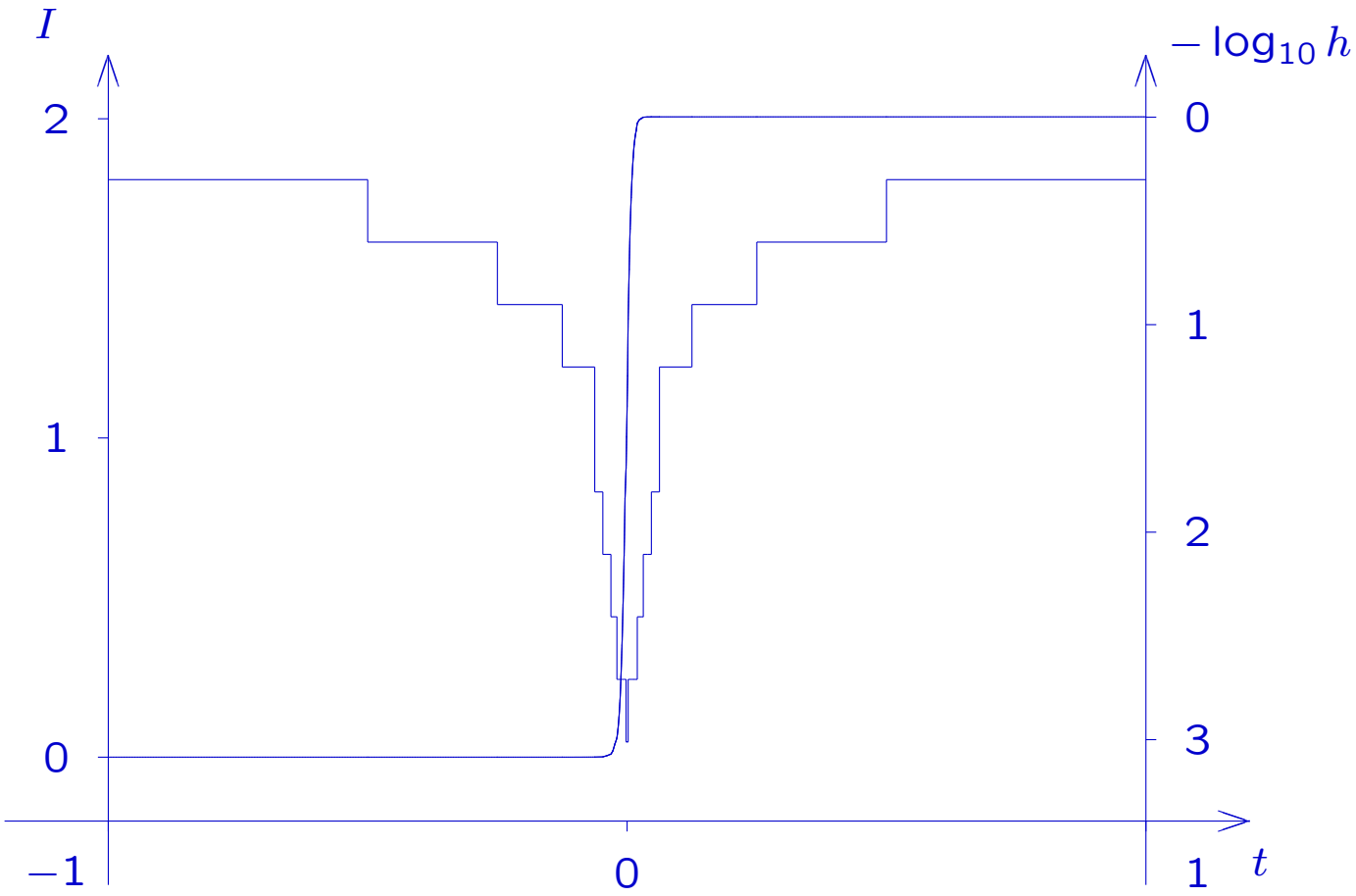Quadratur mit Gitteranpassung