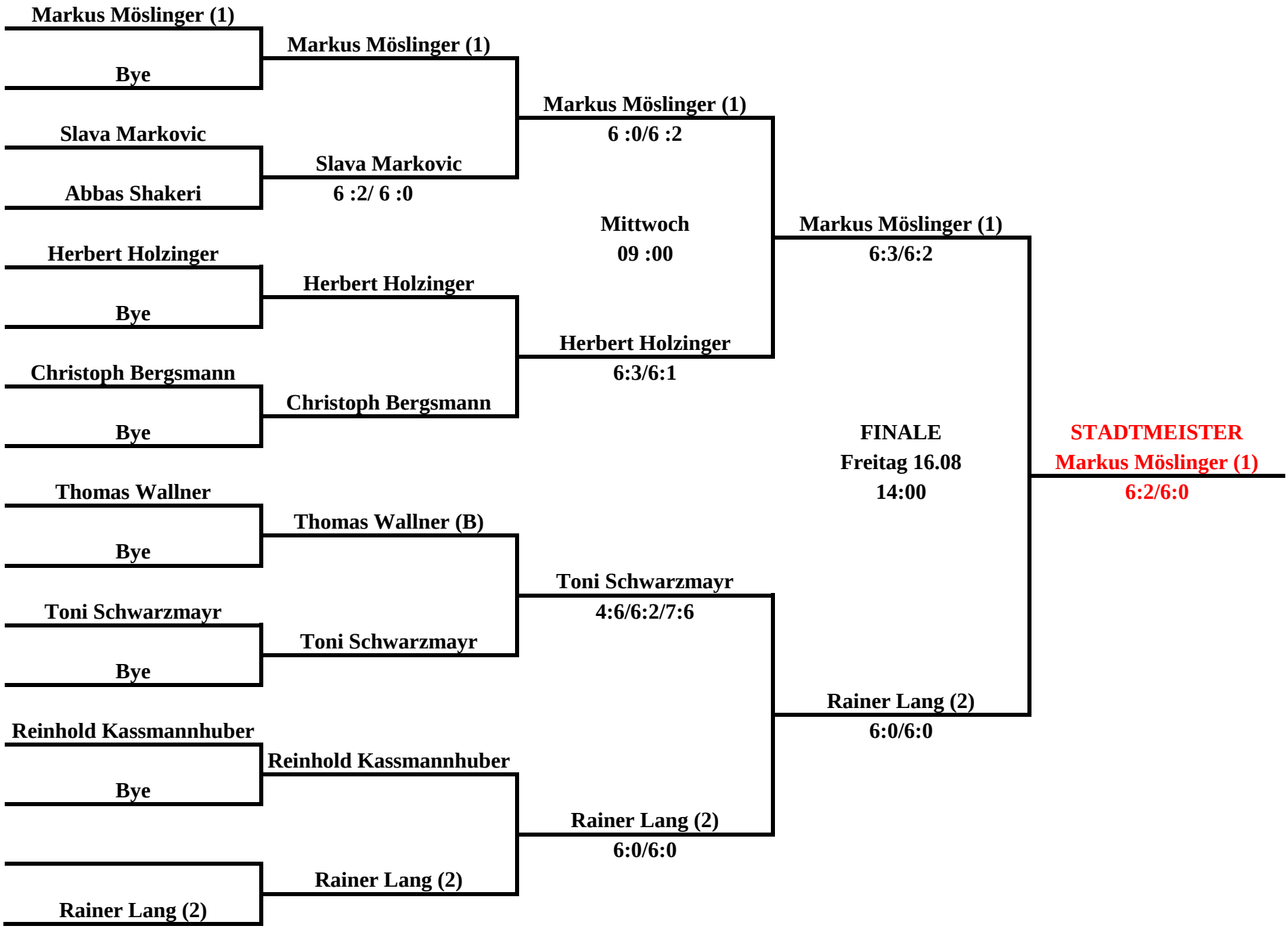Gmundner Stadtmeisterschaft 2019 – Senioren +45