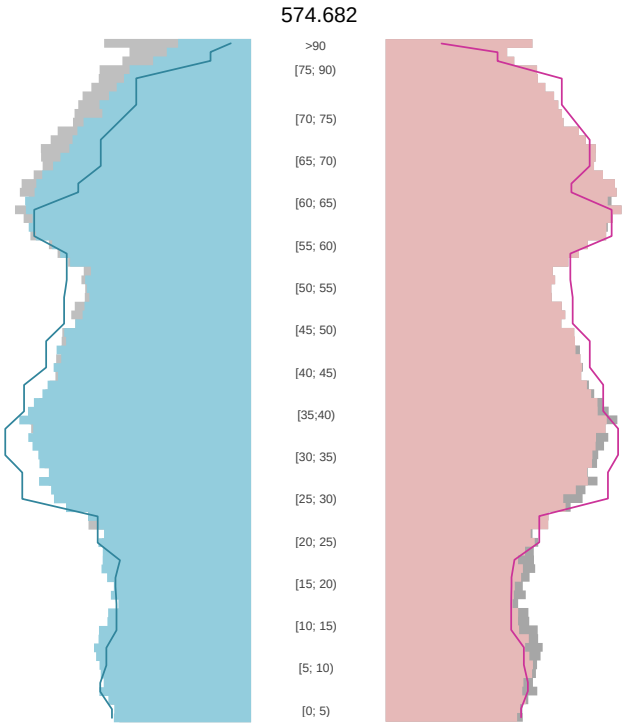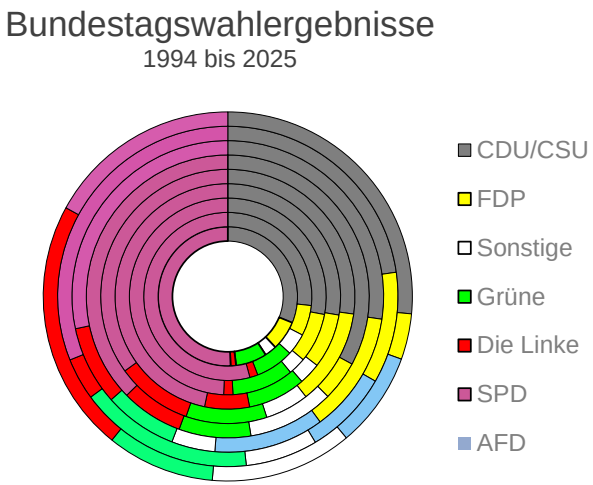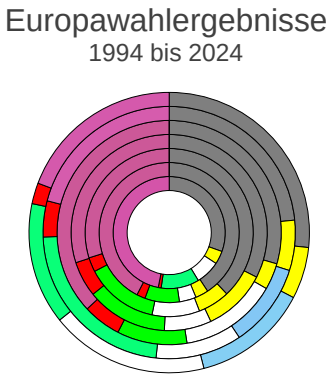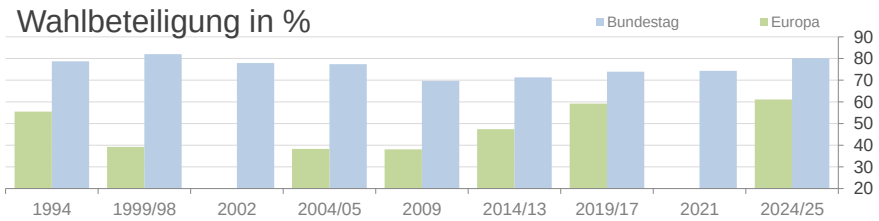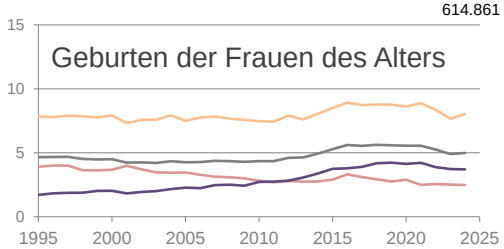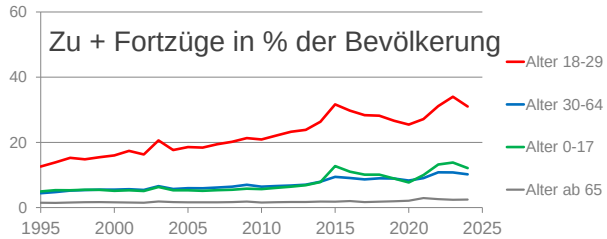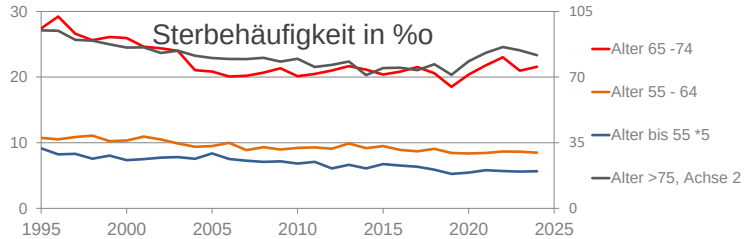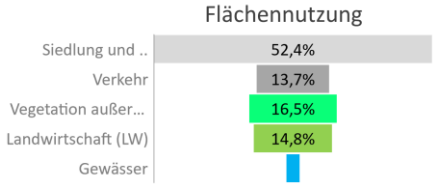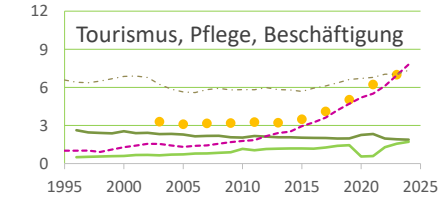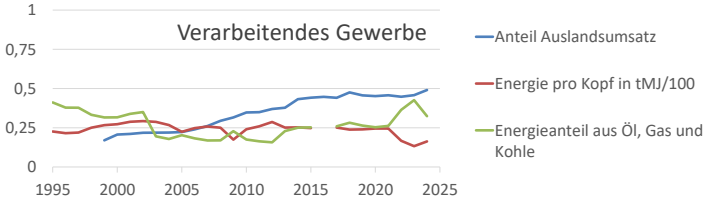Essen, kreisfreie Stadt