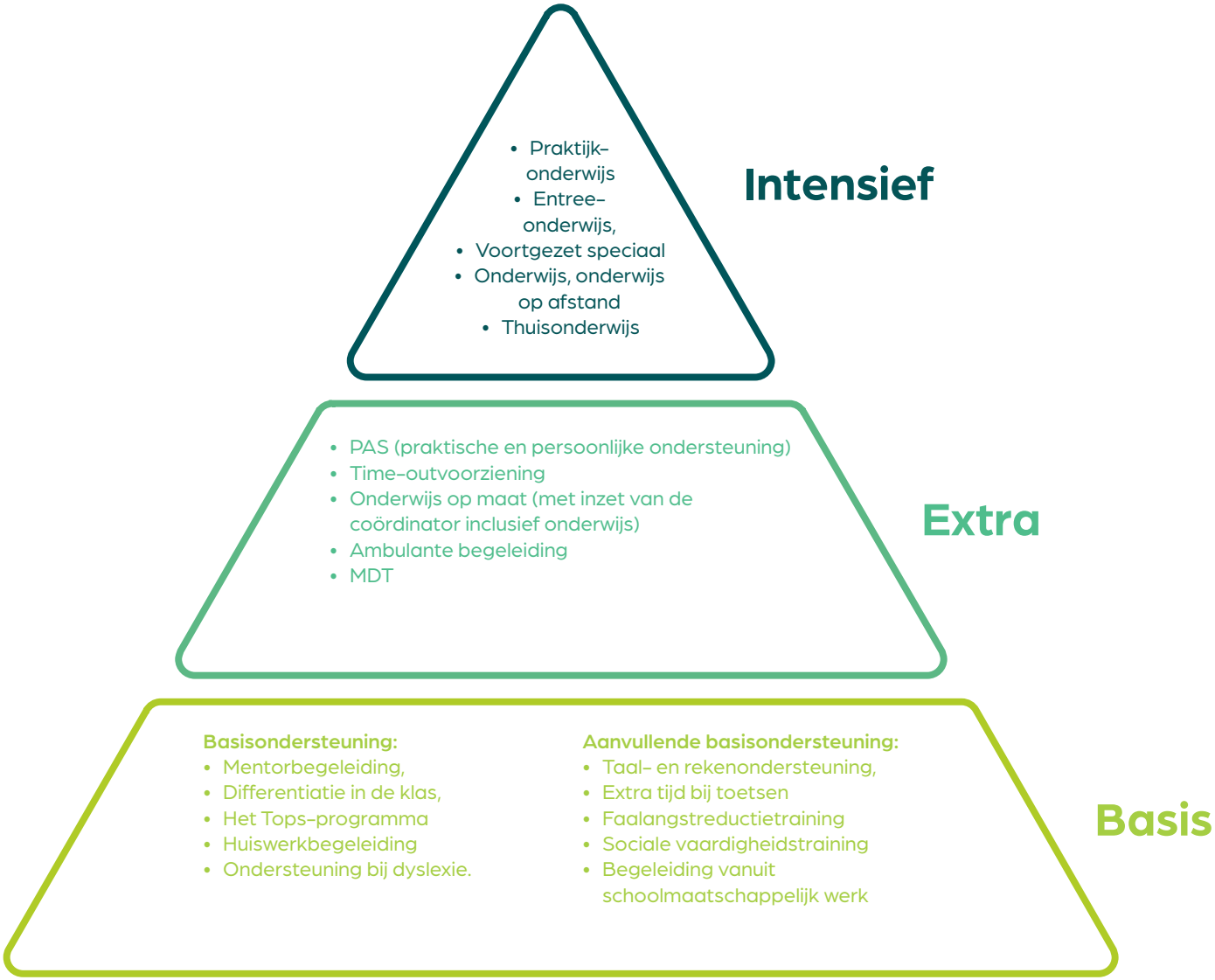Ondersteuningspiramide De Lingeborgh