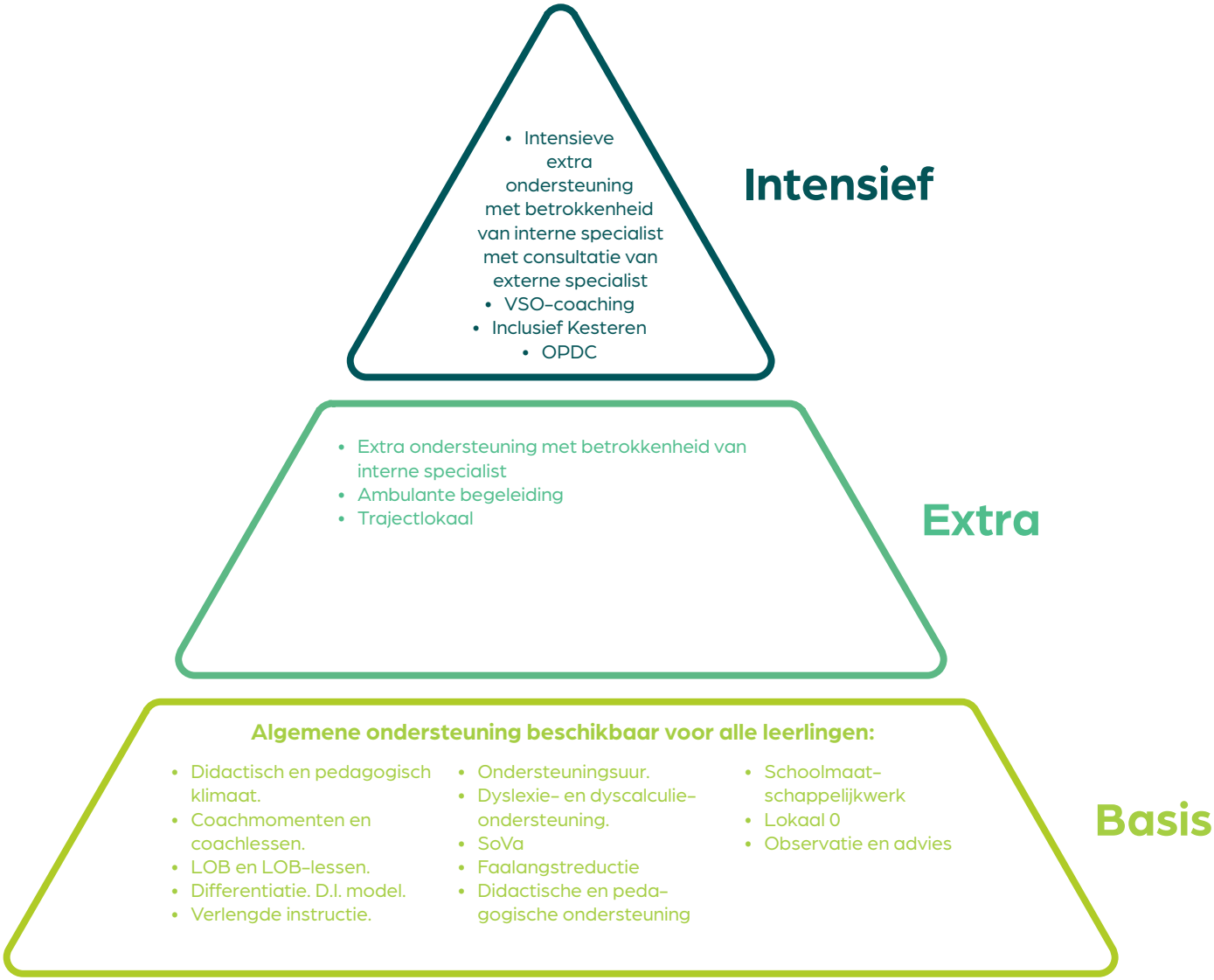Ondersteuningspiramide Yverta Kesteren