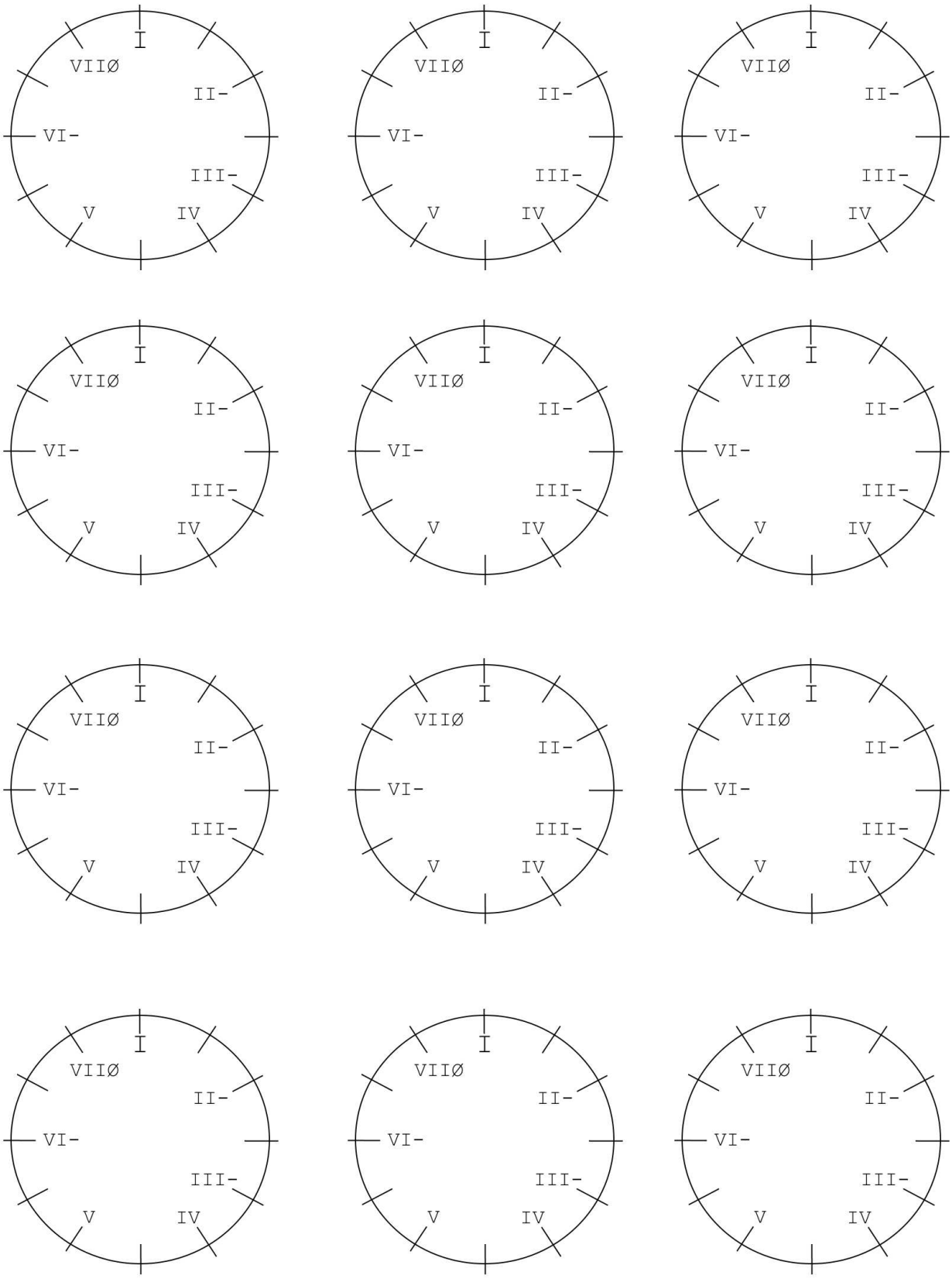Oefencirkels