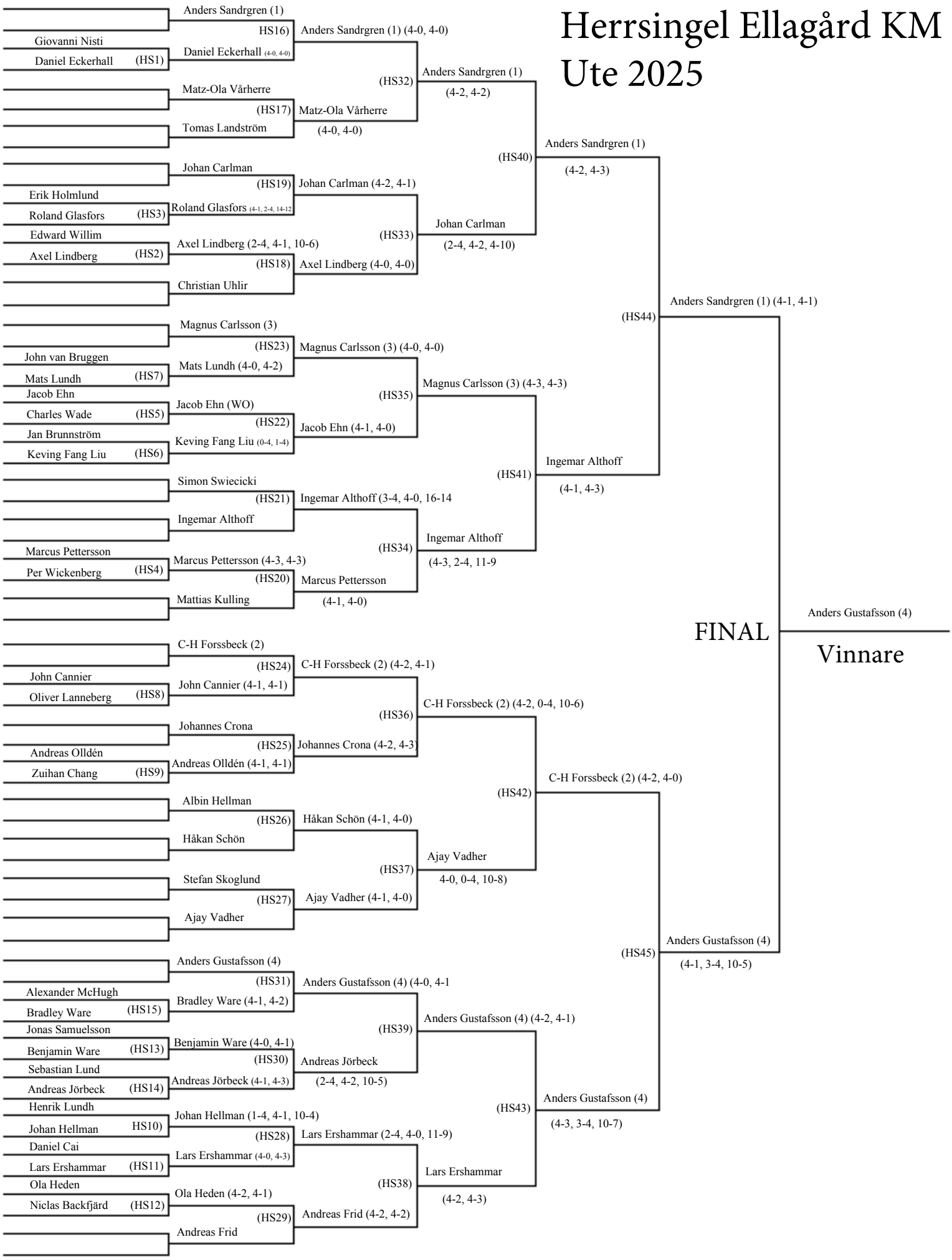Herrsingel Ellagård KM Ute 2025