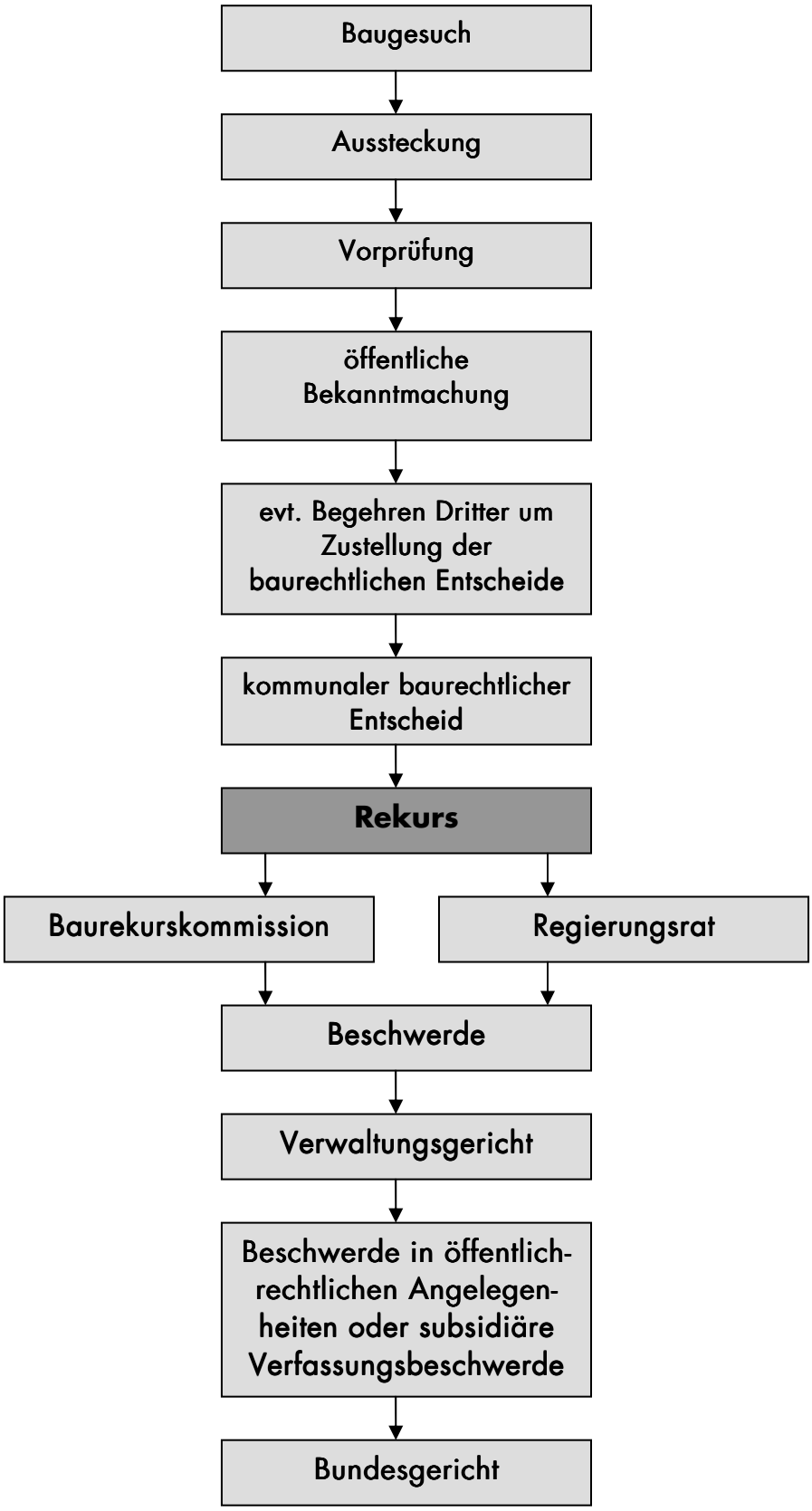Das Rekursverfahren im Überblick