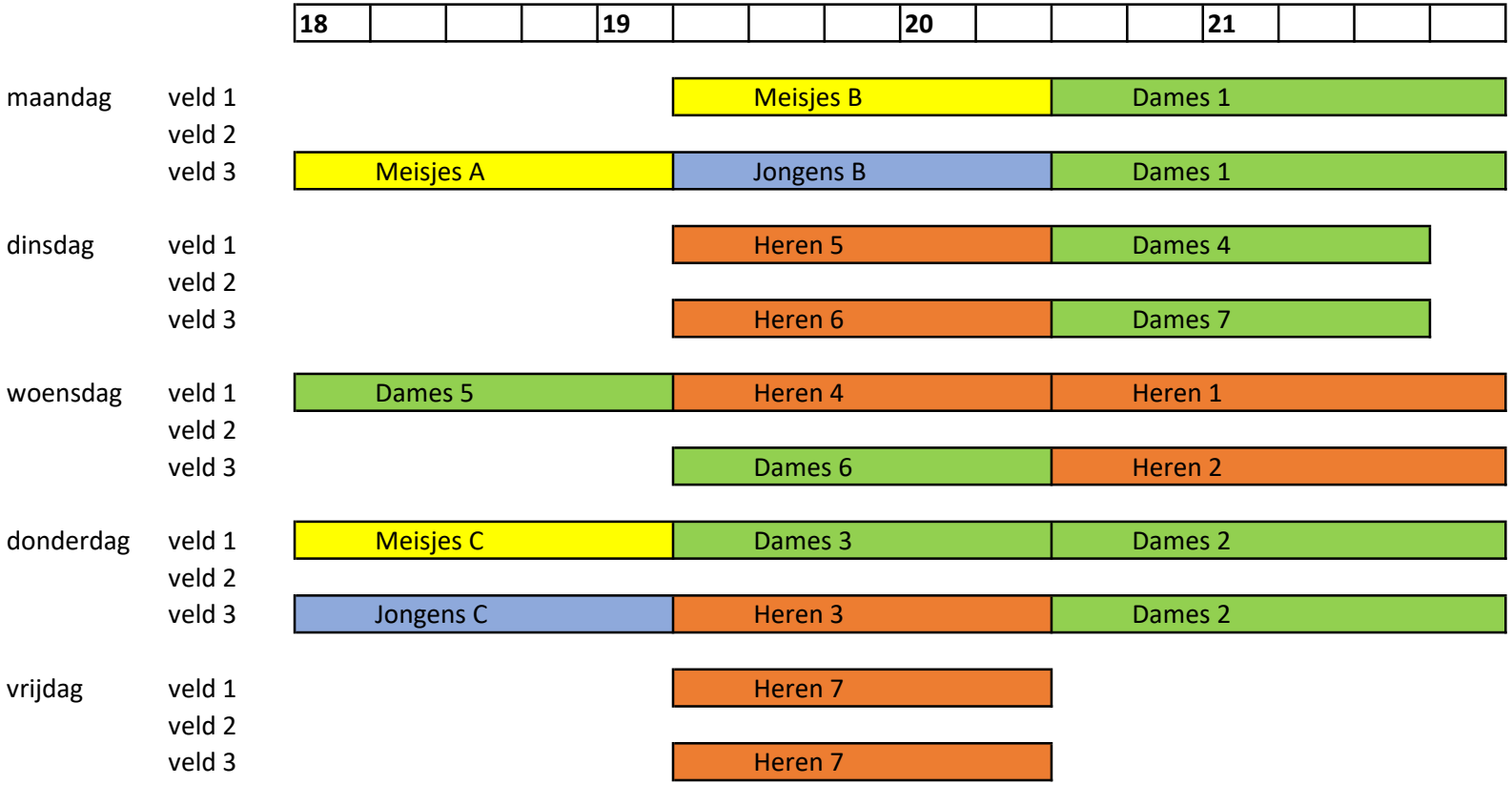TRAININGSROOSTER BEACH VANAF 11 MEI 2020