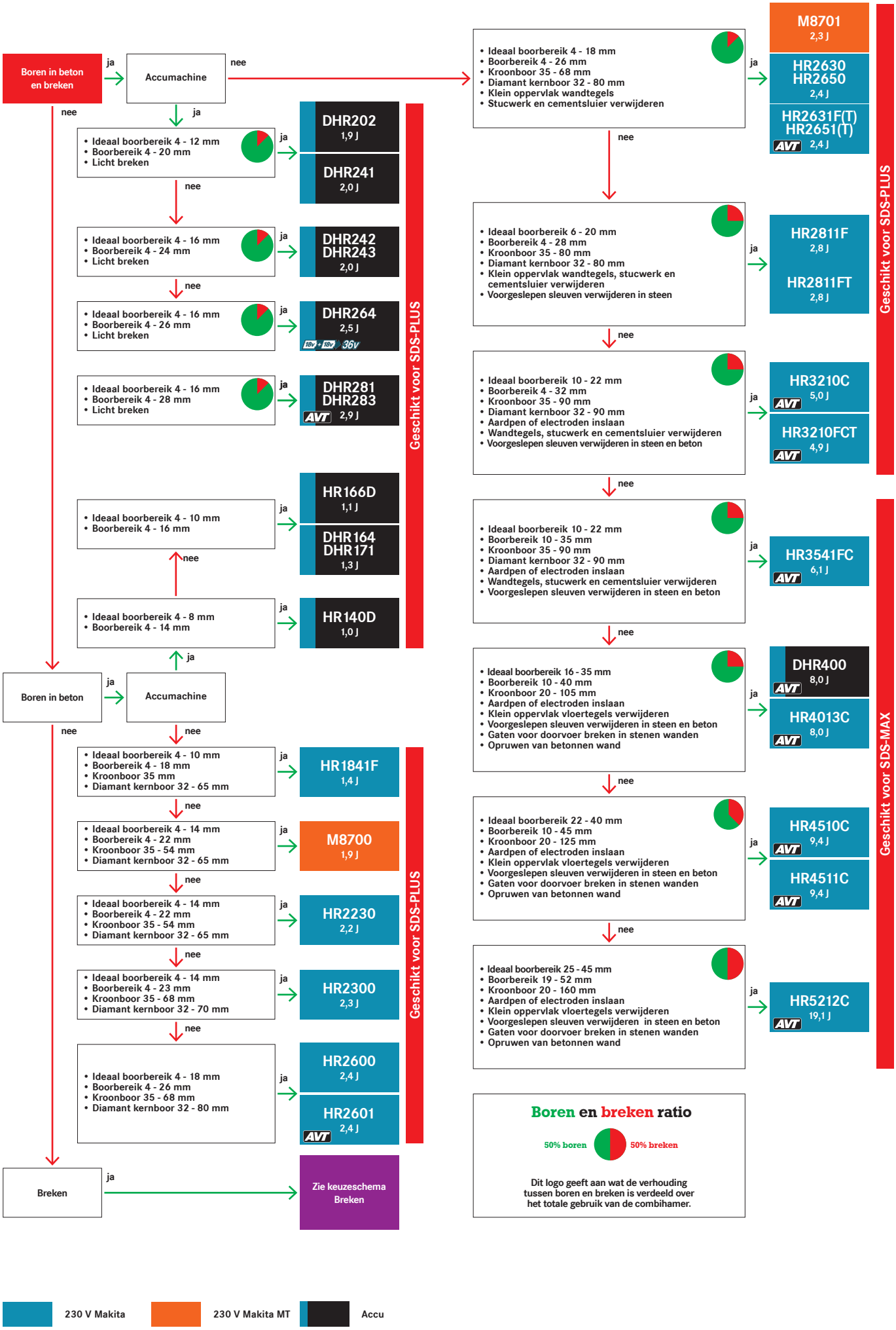Boren in beton en breken