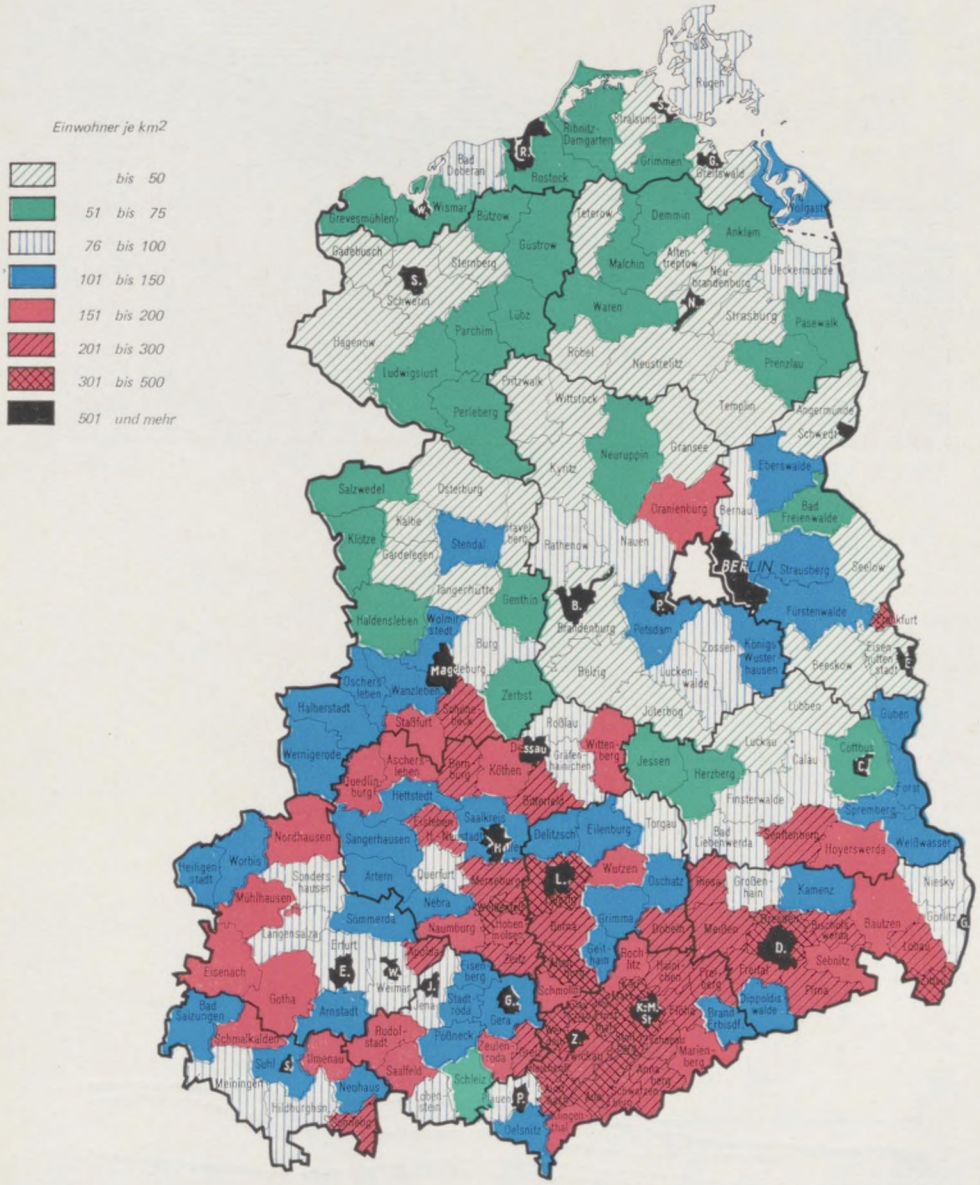Bevölkerungsdichte der Kreise 1976