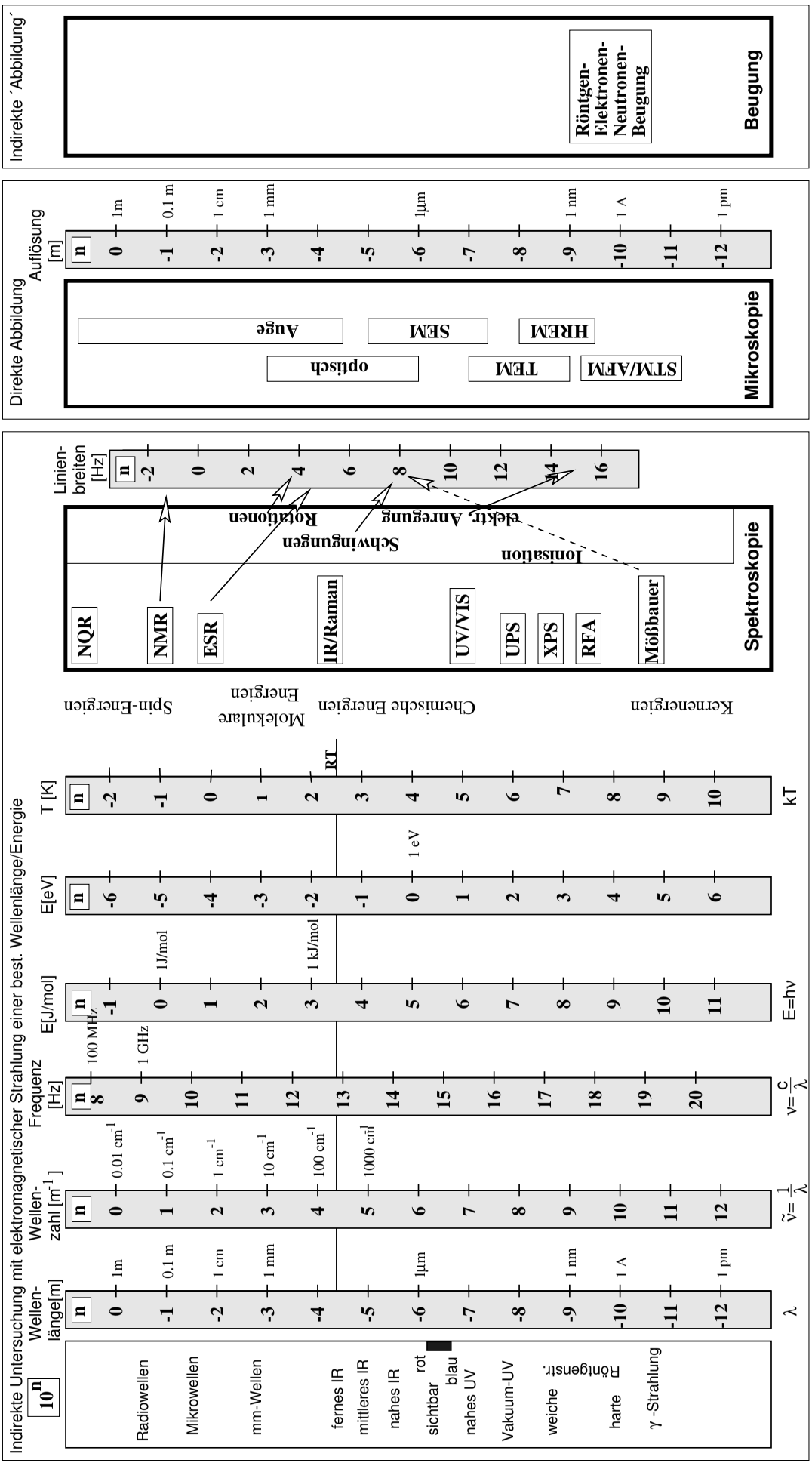Übersicht: Methoden und Energieskalen