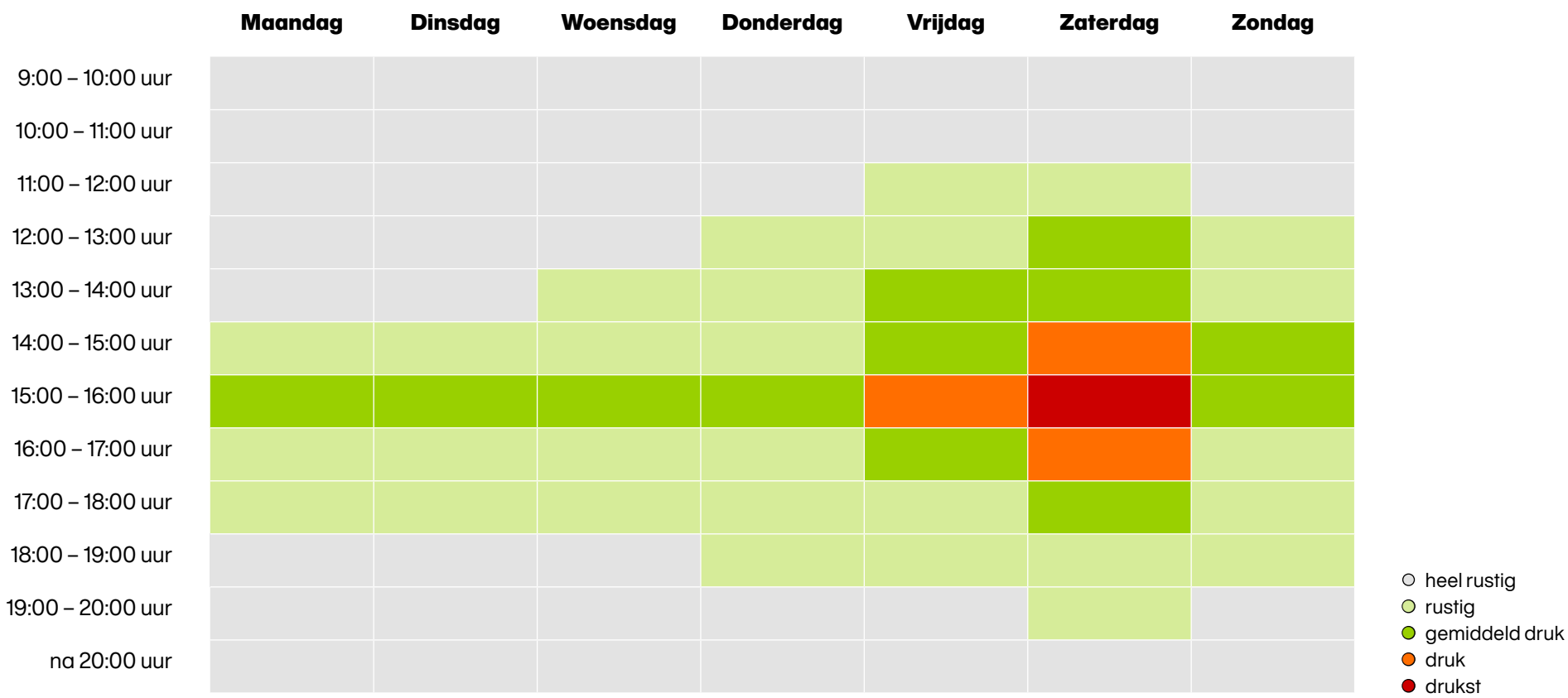Piek- en daluren Utrecht