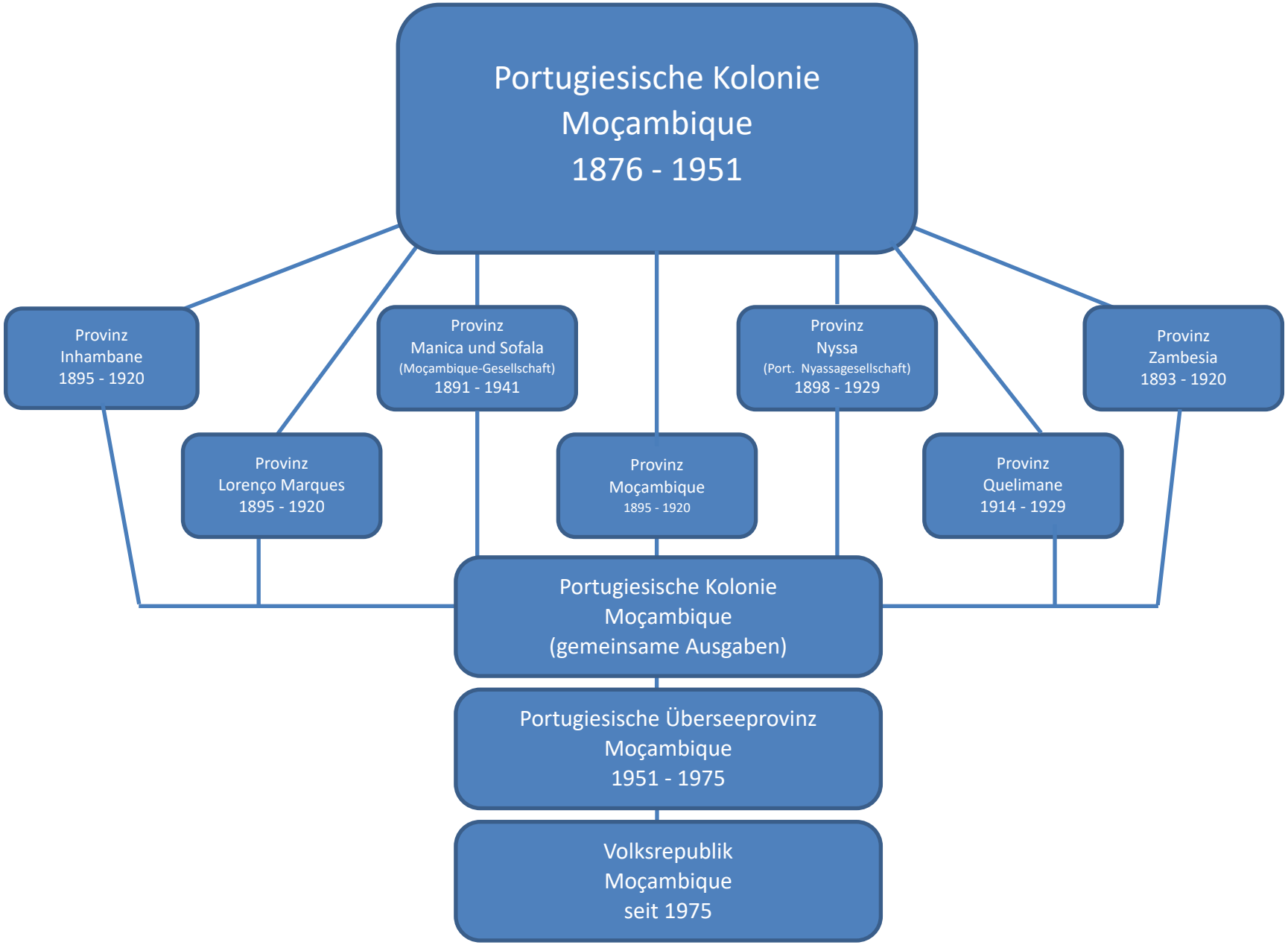Entwicklung in Portugiesisch-Ostafrika