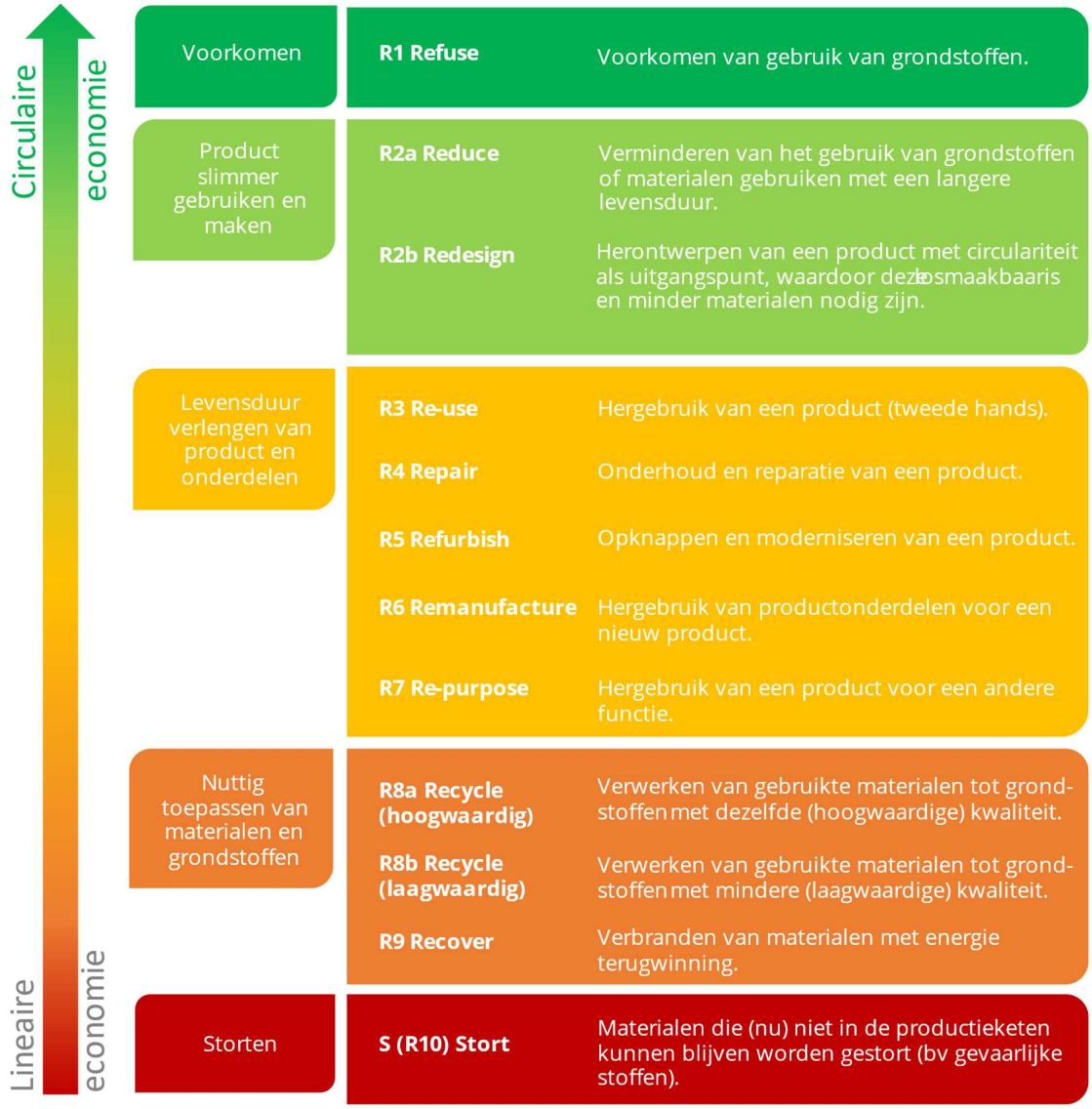BIJLAGE 5 R-LADDER