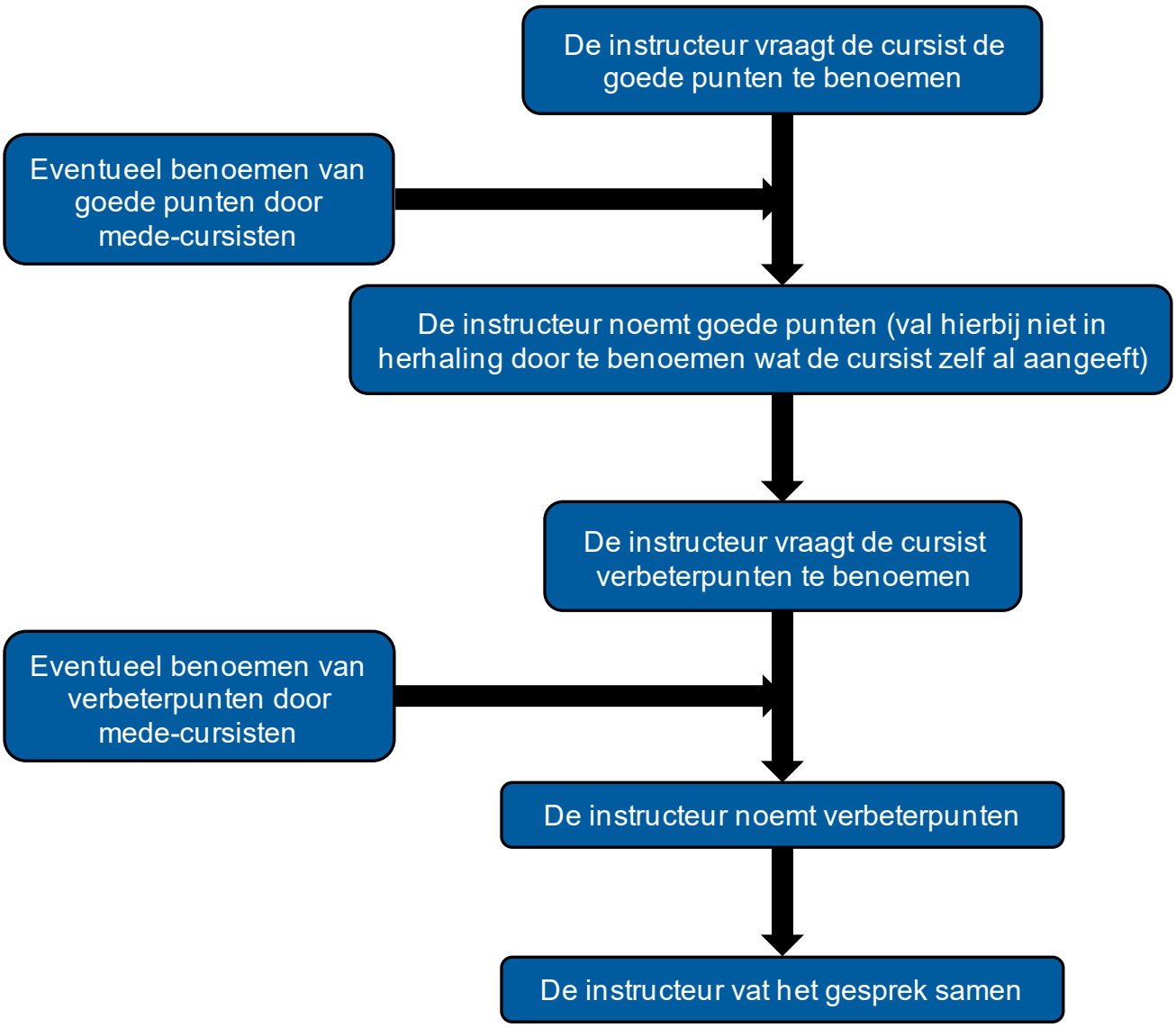Bijlage 3 - Pendleton methode