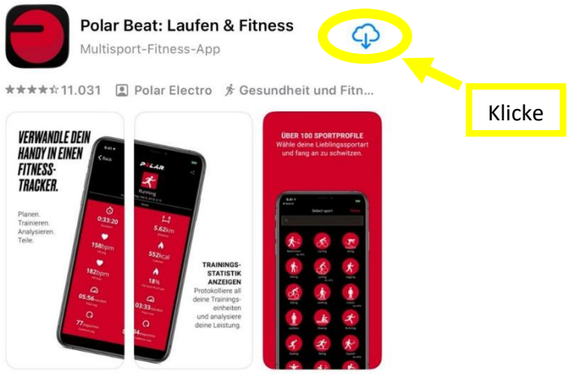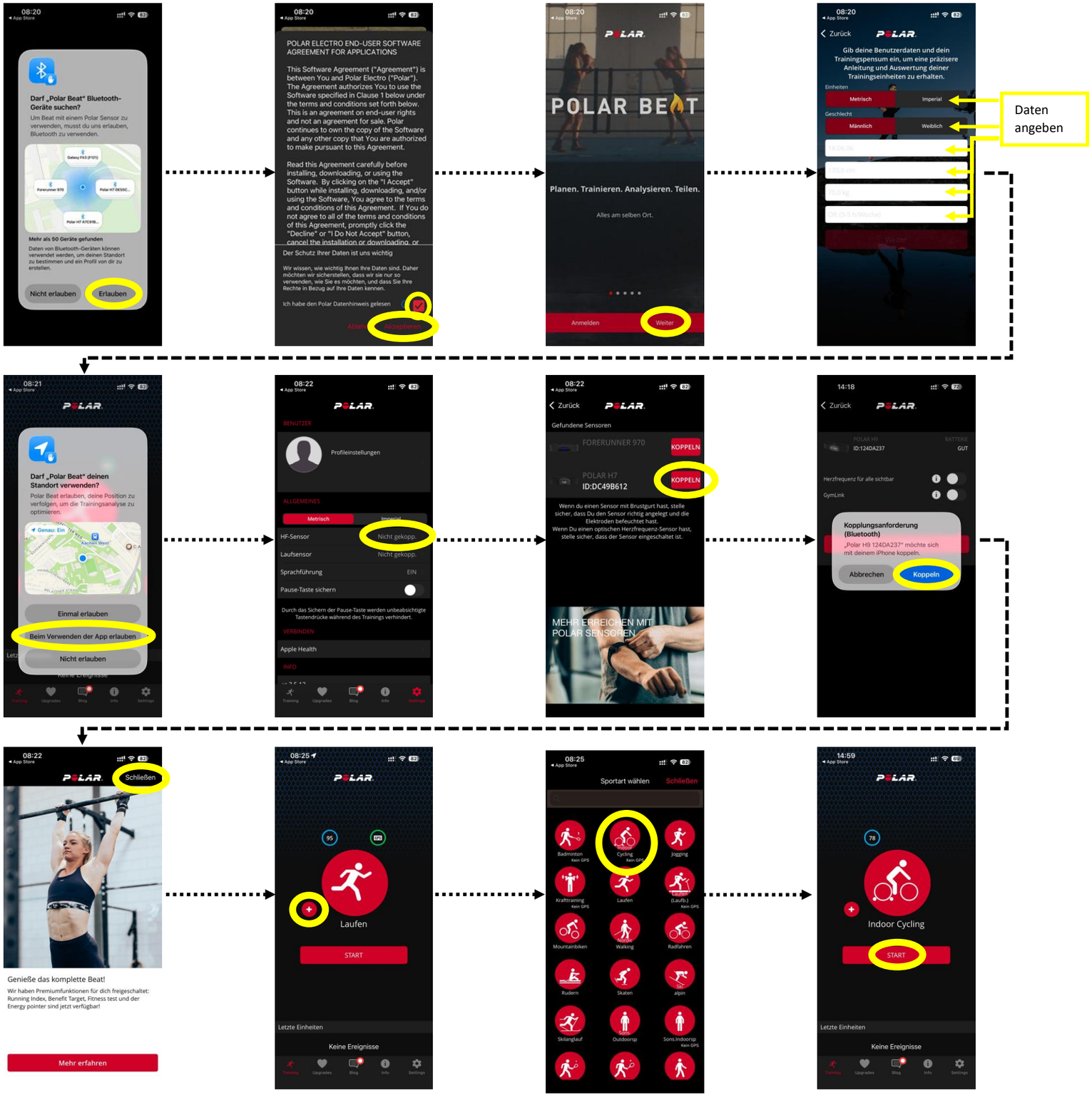Polar Beat-App downloaden, öffnen und verbinden