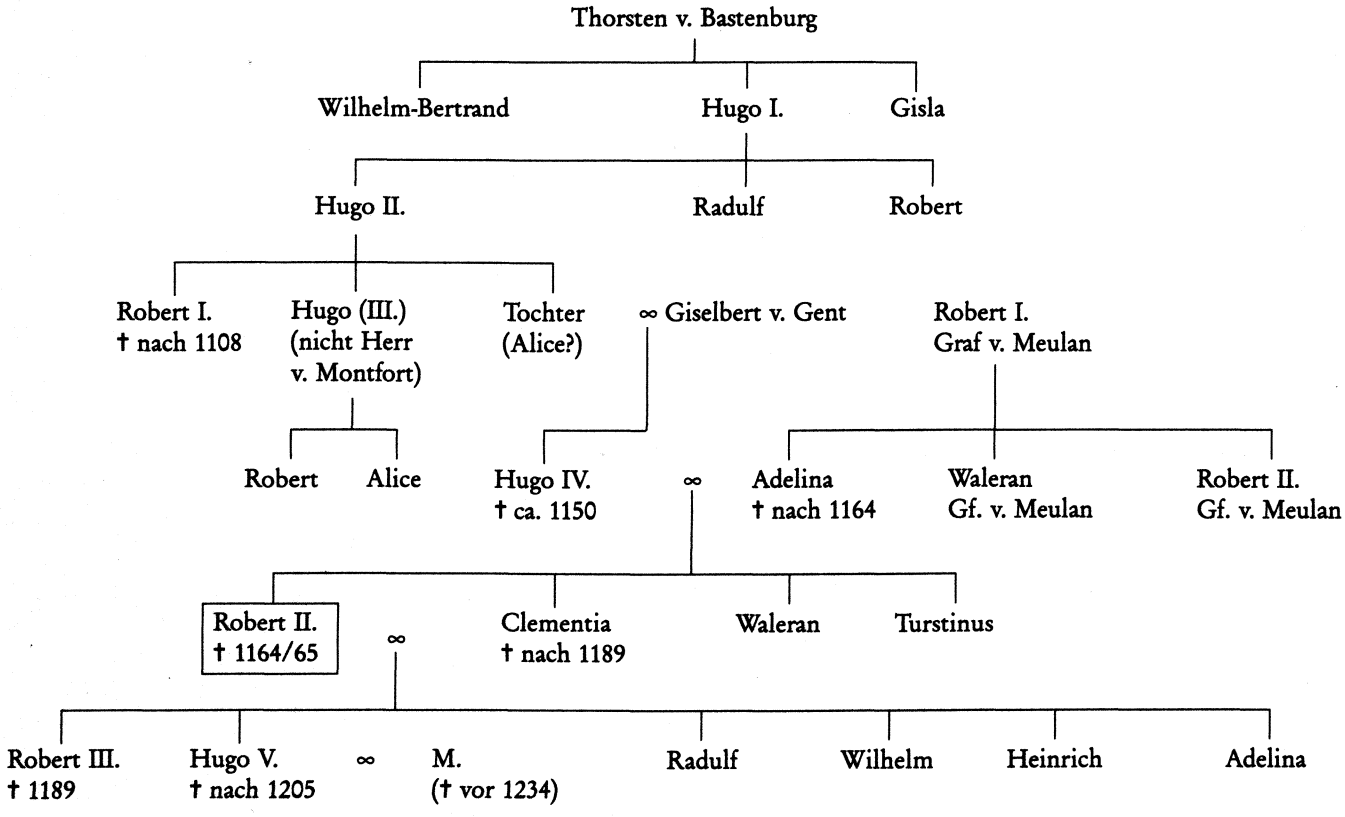Die Herren von Montfort-sur-Risle im 11. und 12. Jh.