

```
VBoxManage internalcommands converttoraw "PFAD"/image.vdi "PFAD"/image.img
```

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Für Linux Image:

```
fdisk -lu "PFAD"/image.img
```

```
dd if="PFAD"/image.img of="PFAD"/image.img bs=512 skip="Start" count="End"-"Start"
```

```
e2fsck "PFAD"/image.img
```