Backup wiederherstellen

Datenbank:

```
BACKUP_FILE="/mnt/hdd/backups/nextcloud-db/nextcloud-db_2025-10-26_03-00-00.sql.gz"
gunzip < "$BACKUP_FILE" | docker exec -i nextcloud-db-1 mysql -u nextcloud -pdenode nextcloud
```

Daten:

```
docker stop nextcloud-app-1
sudo mv /nextcloud-data /nextcloud-data.old
sudo tar -xzf /mnt/hdd/backups/nextcloud-data/nextcloud-data_DATE.tar.gz -C /
sudo chown -R www-data:www-data /nextcloud-data
docker start nextcloud-app-1
```

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