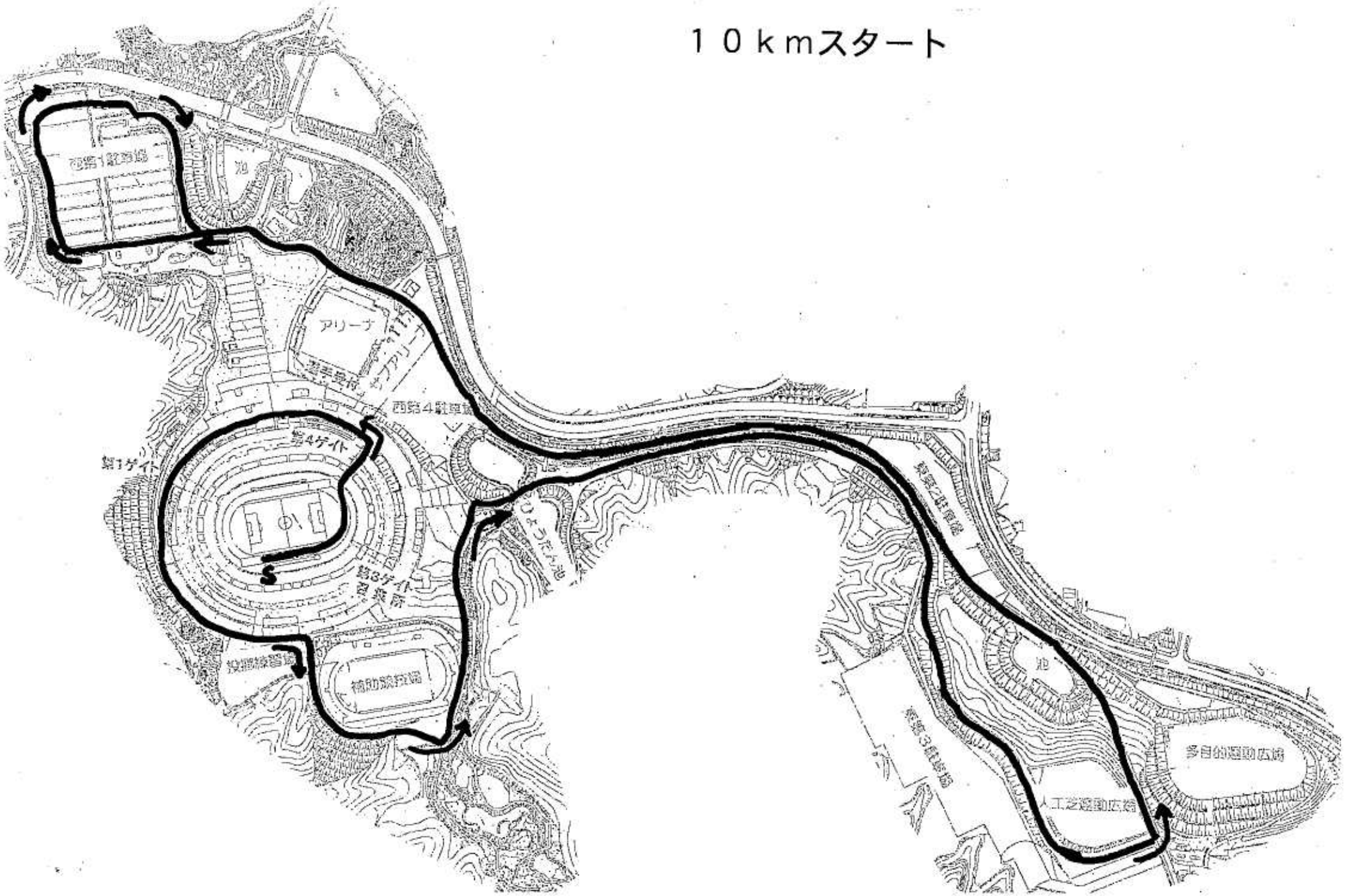１０ｋｍスタート