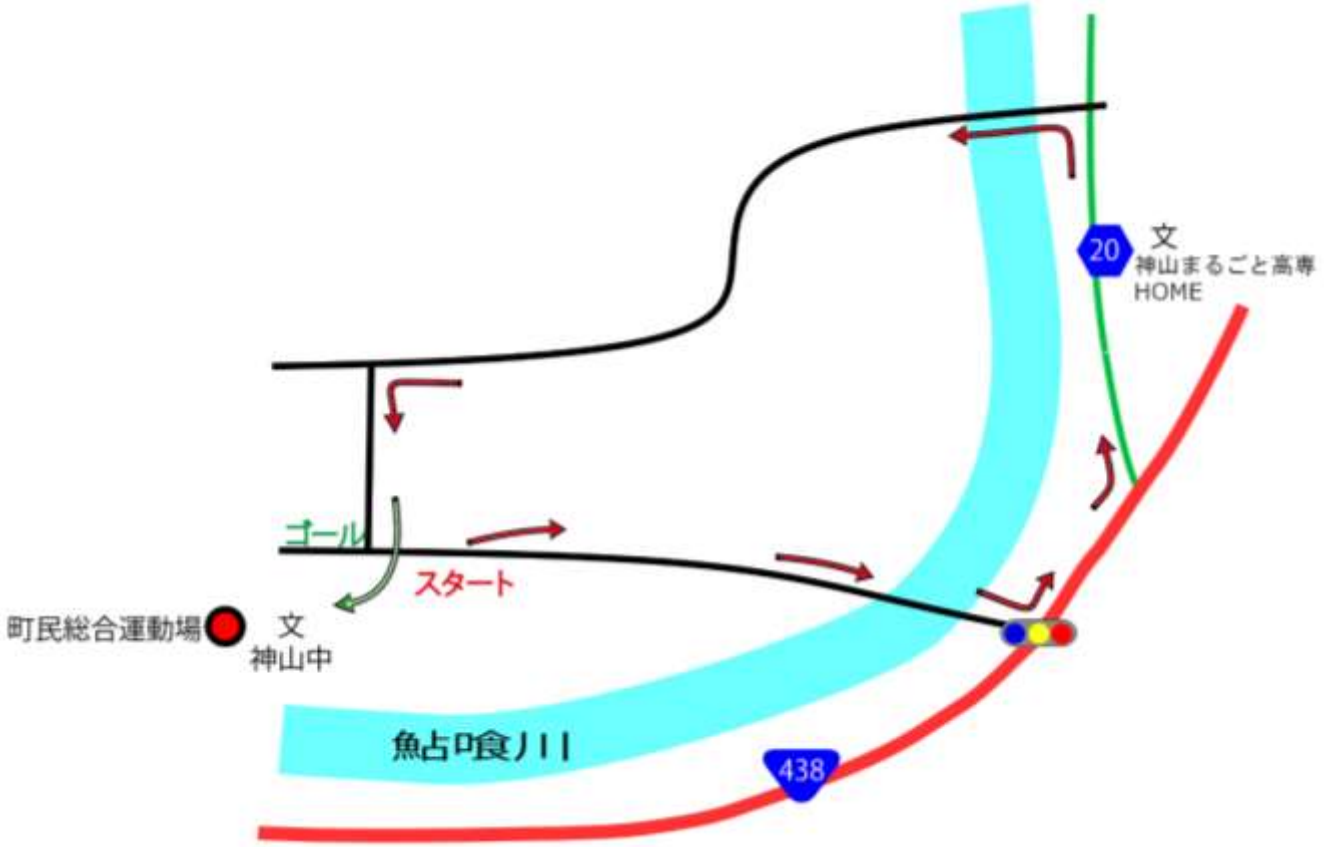
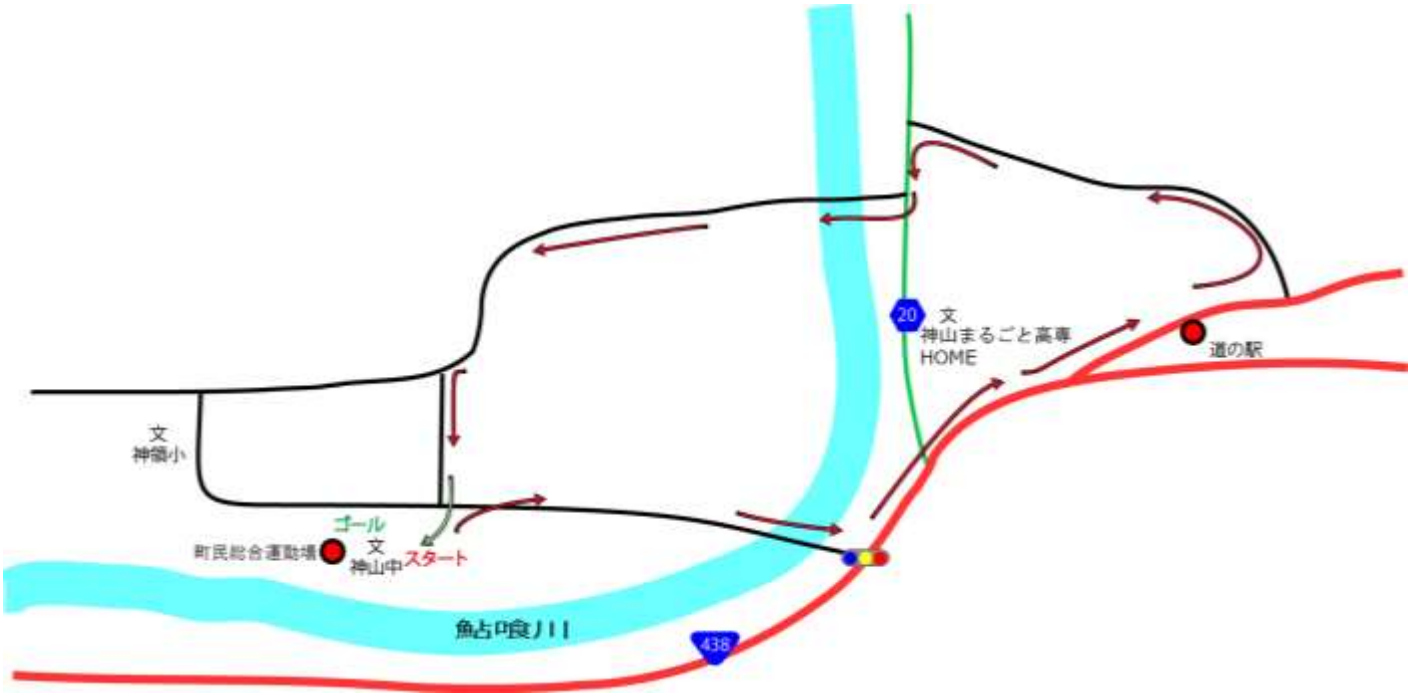
## １．７ｋｍコース




## ３ｋｍコース