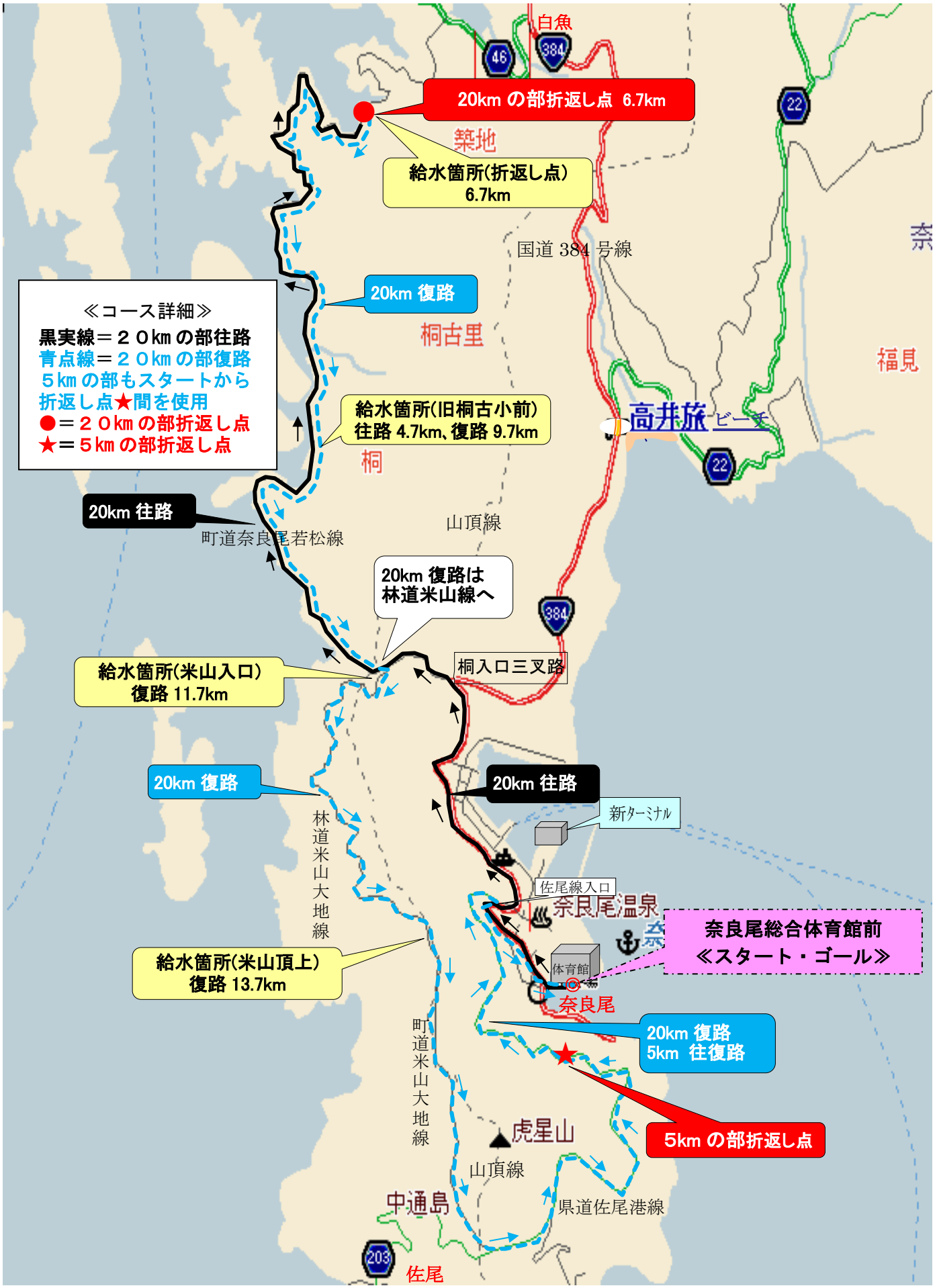20.0ｋｍの部・5.0ｋｍの部 コ ー ス 図