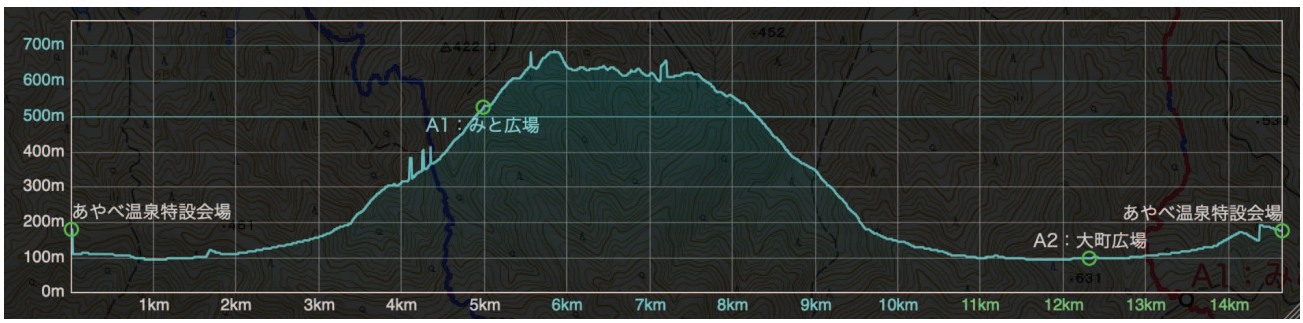コースマップ：あやべ15K