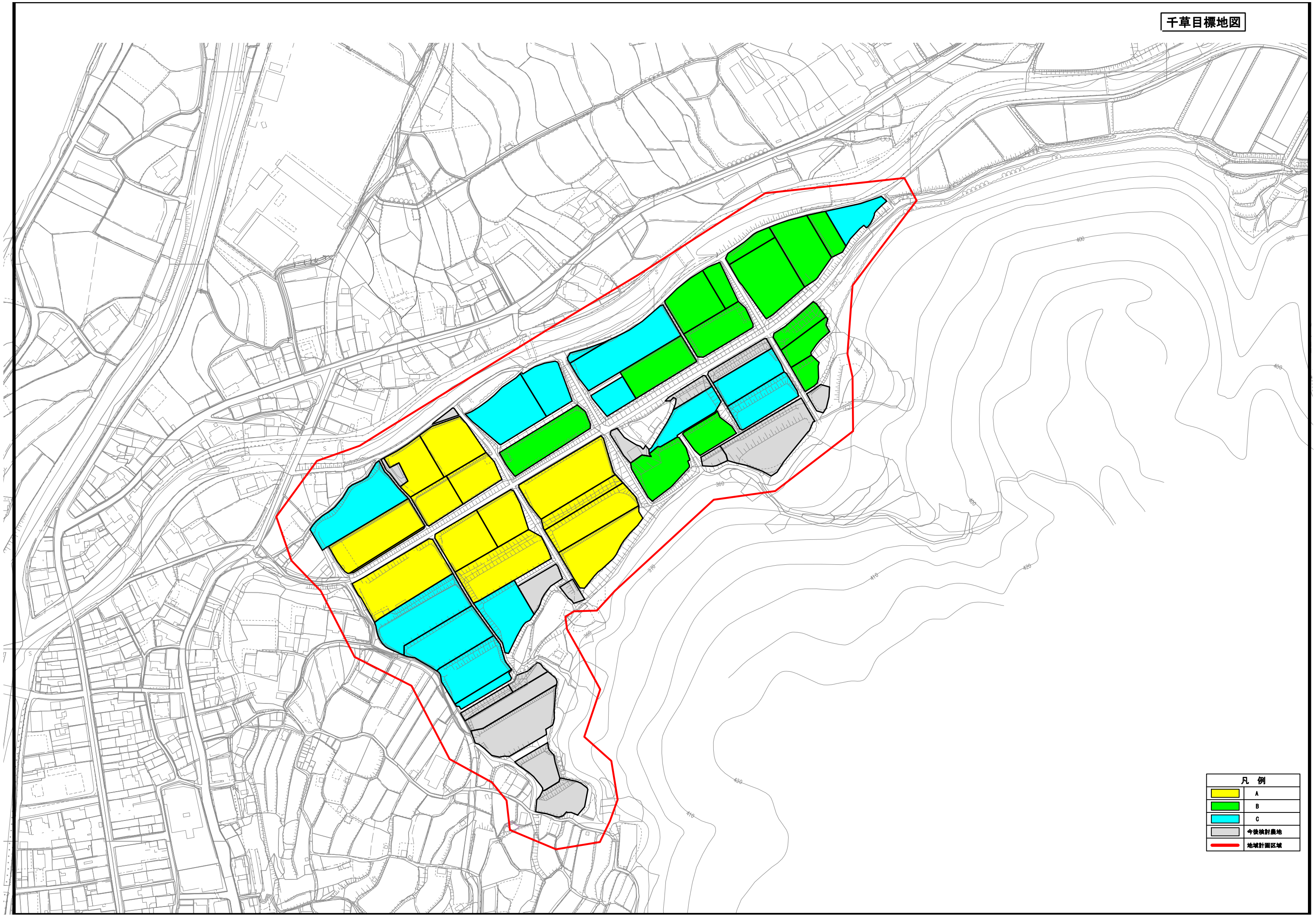千草目標地図