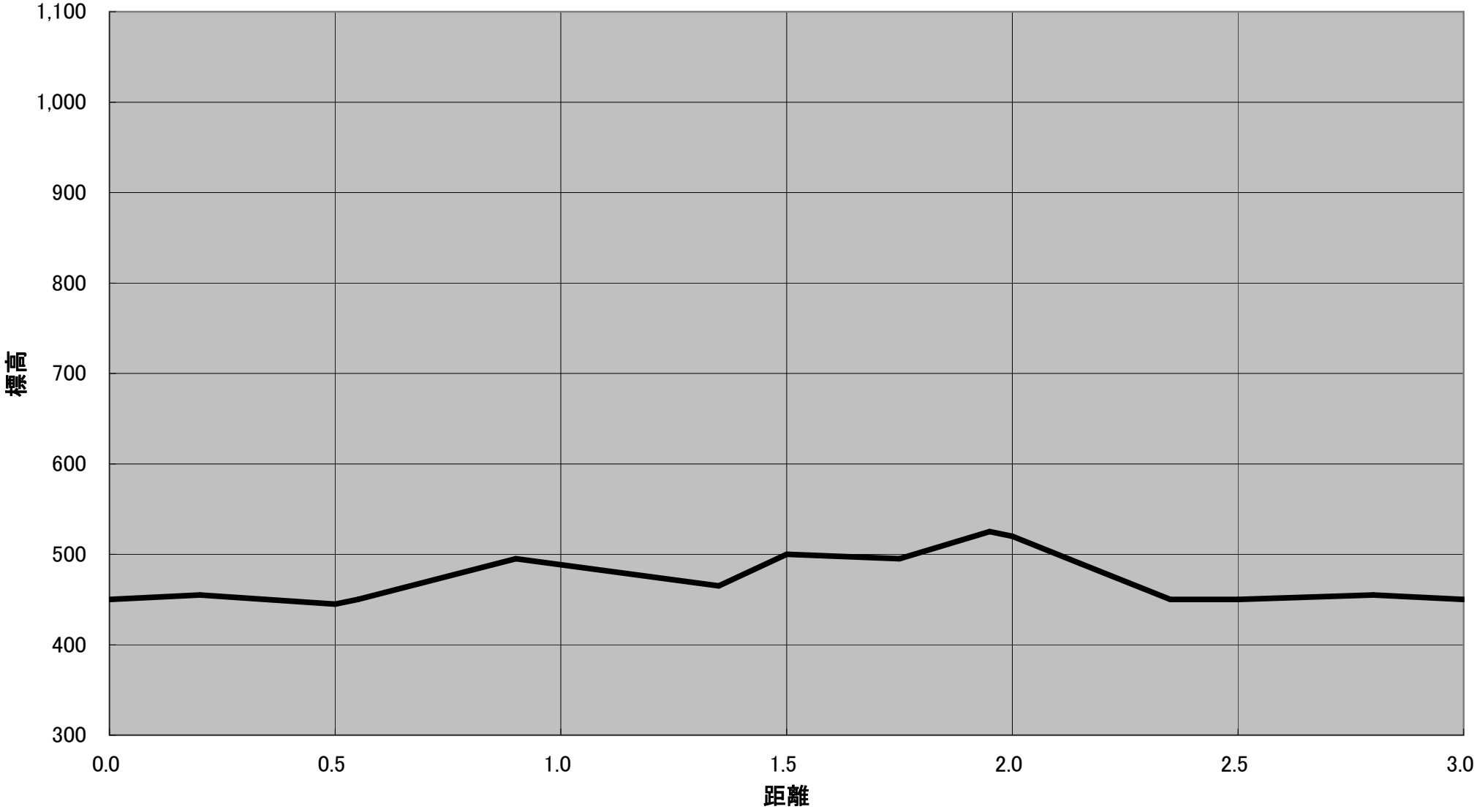3kmコース ＜ 3.0km / up125m (4.2%) ＞