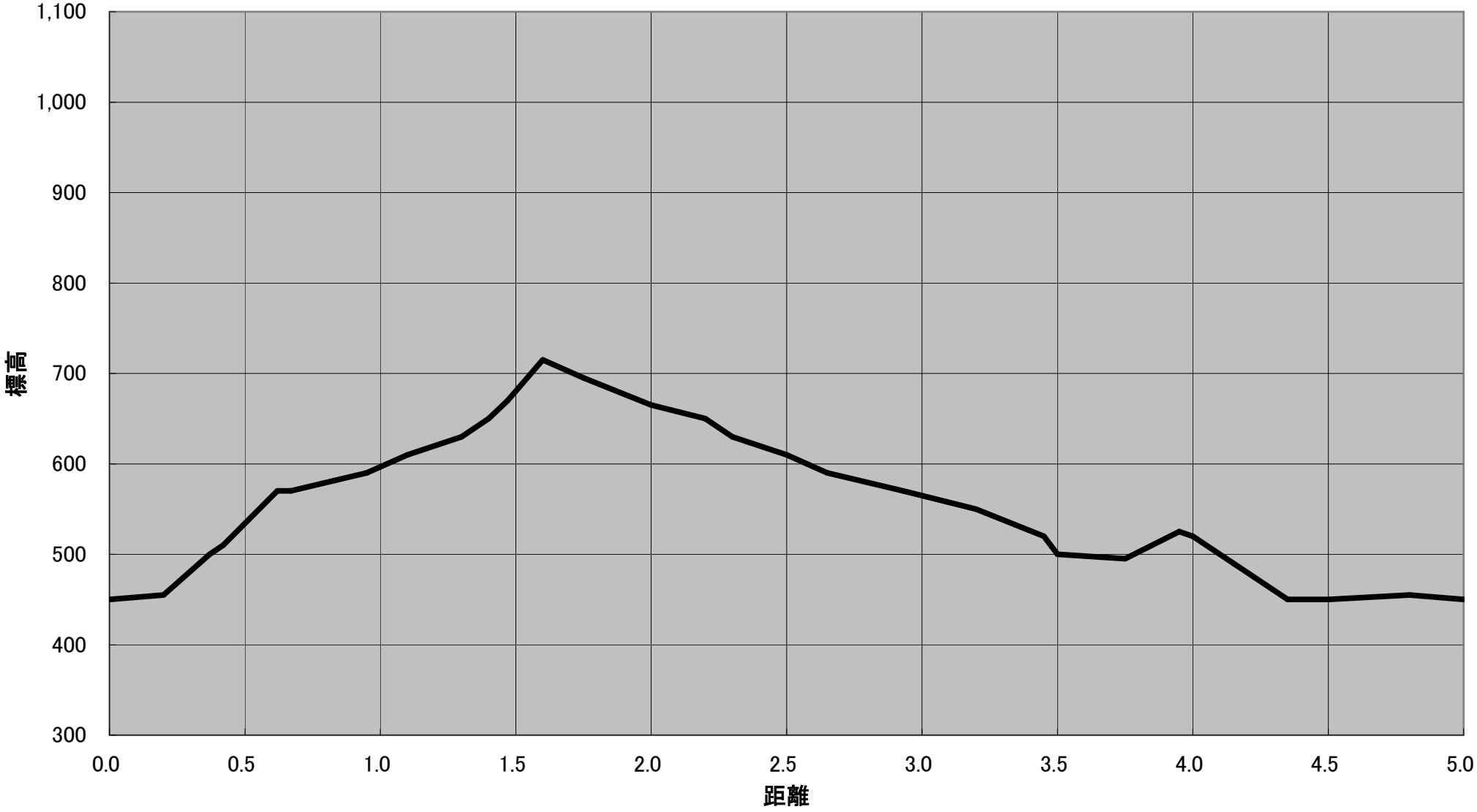5kmコース ＜ 5.0km / up300m (6.0%) ＞