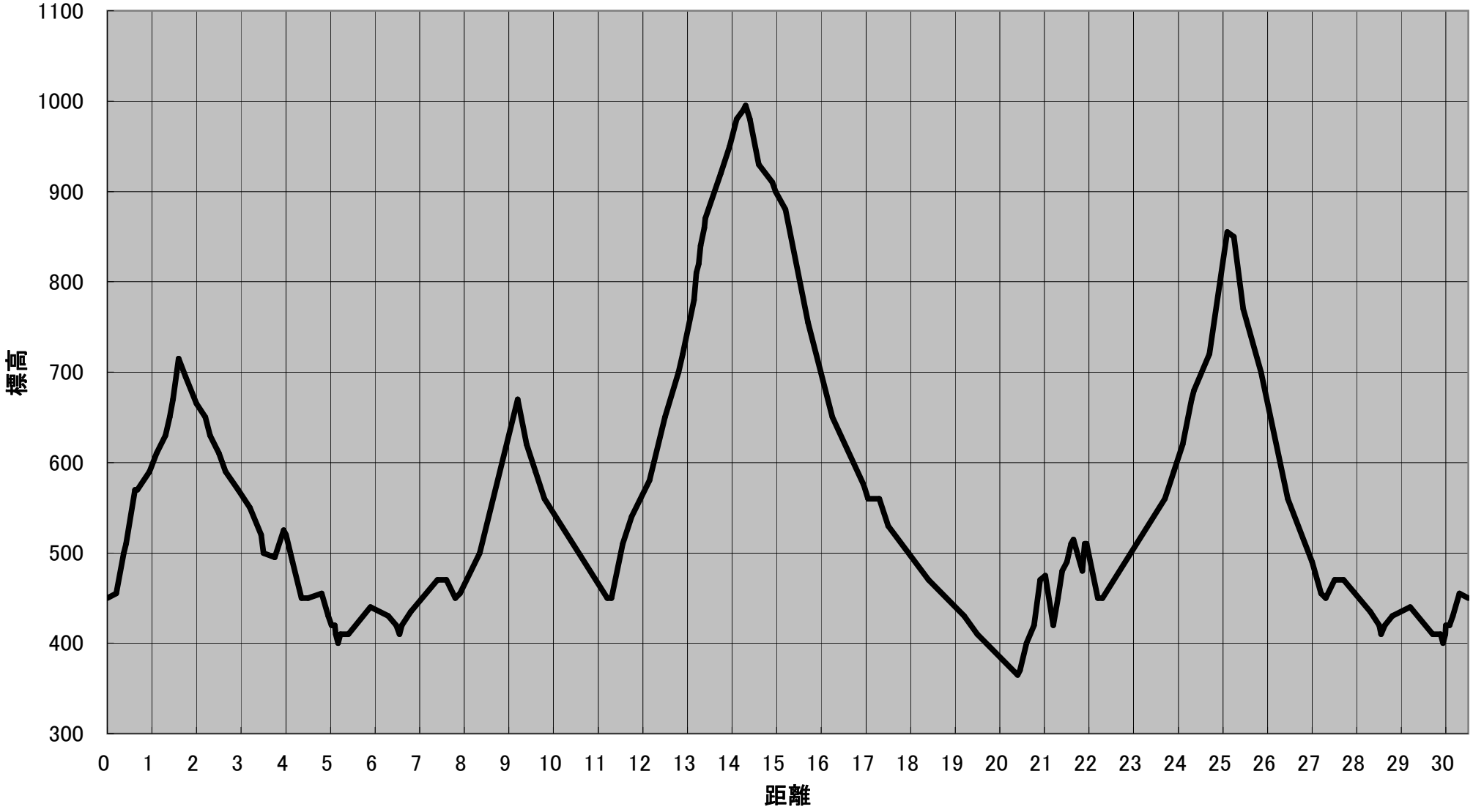30kmコース ＜ 30.5km / up1910m (6.3%) ＞