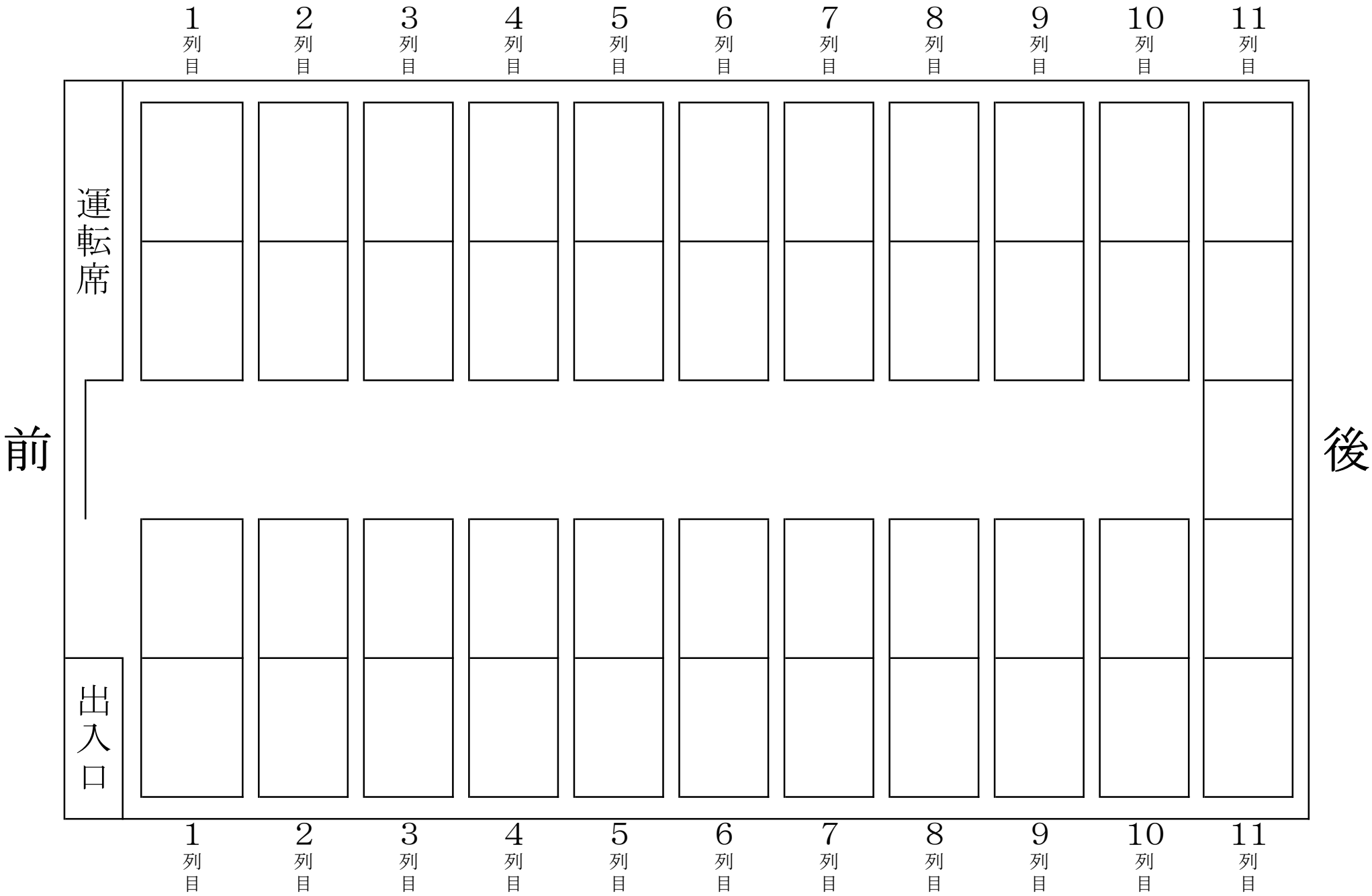（45シート）