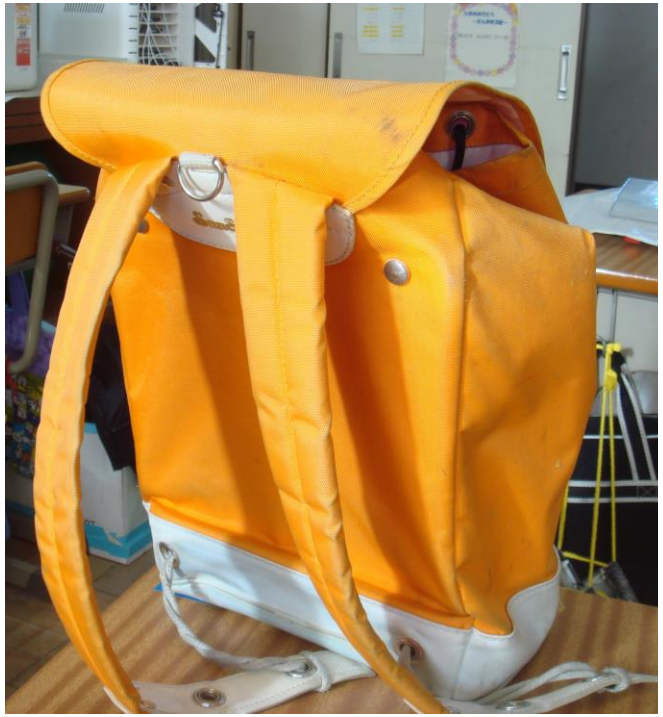ランリュック