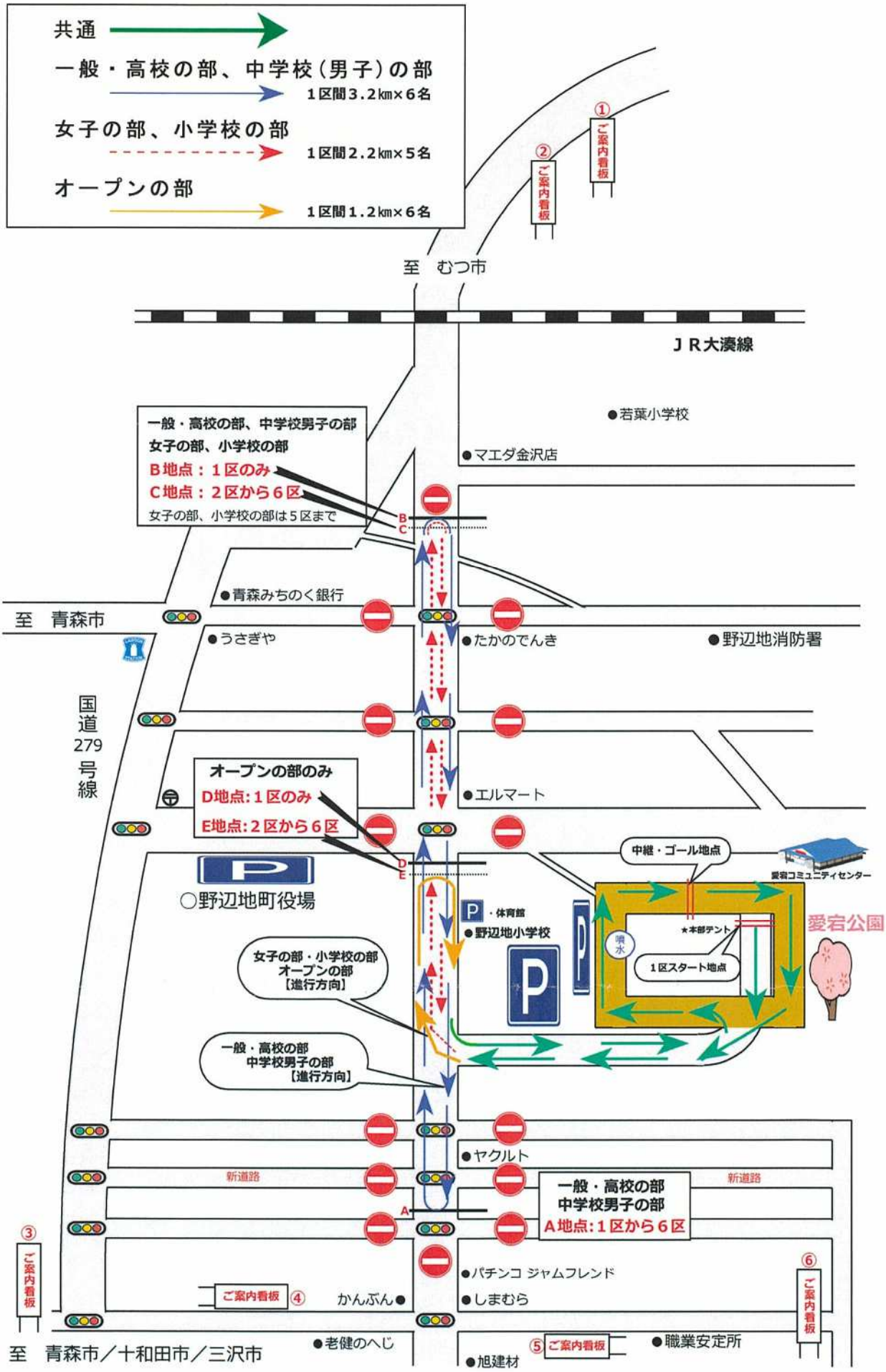第46回ホタテ駅伝大会コース