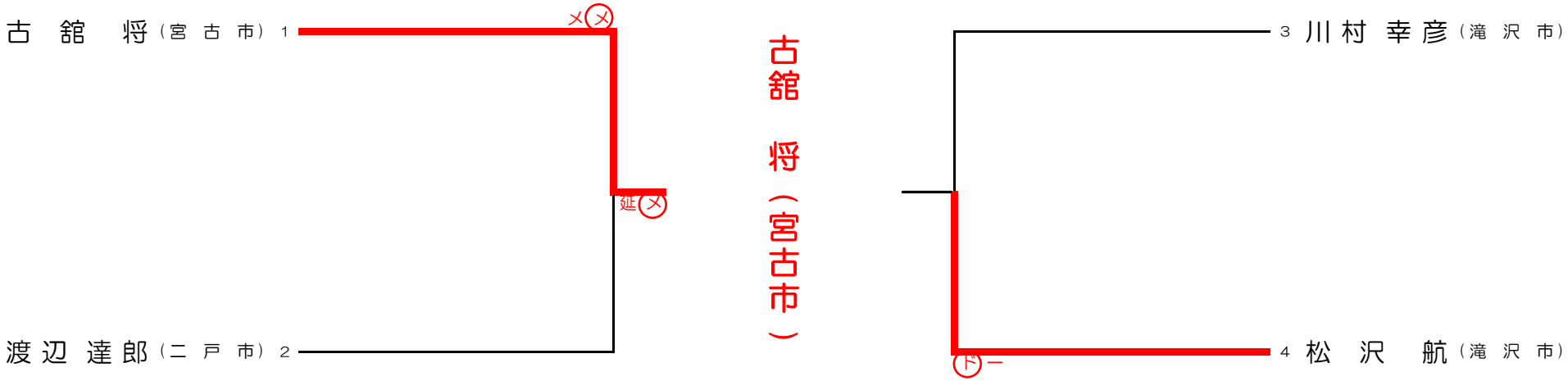中堅の部