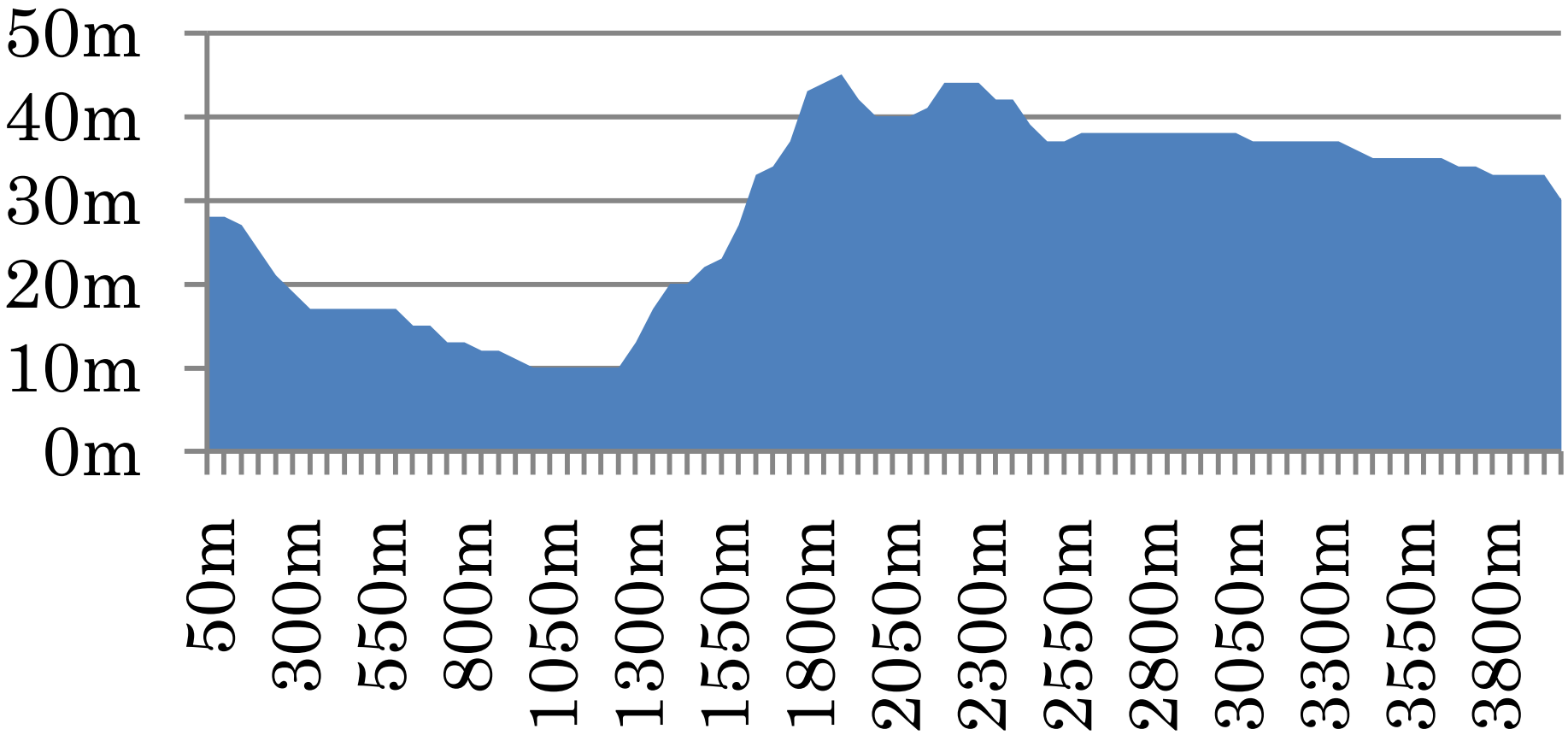苫前市街地コース（赤）高低差