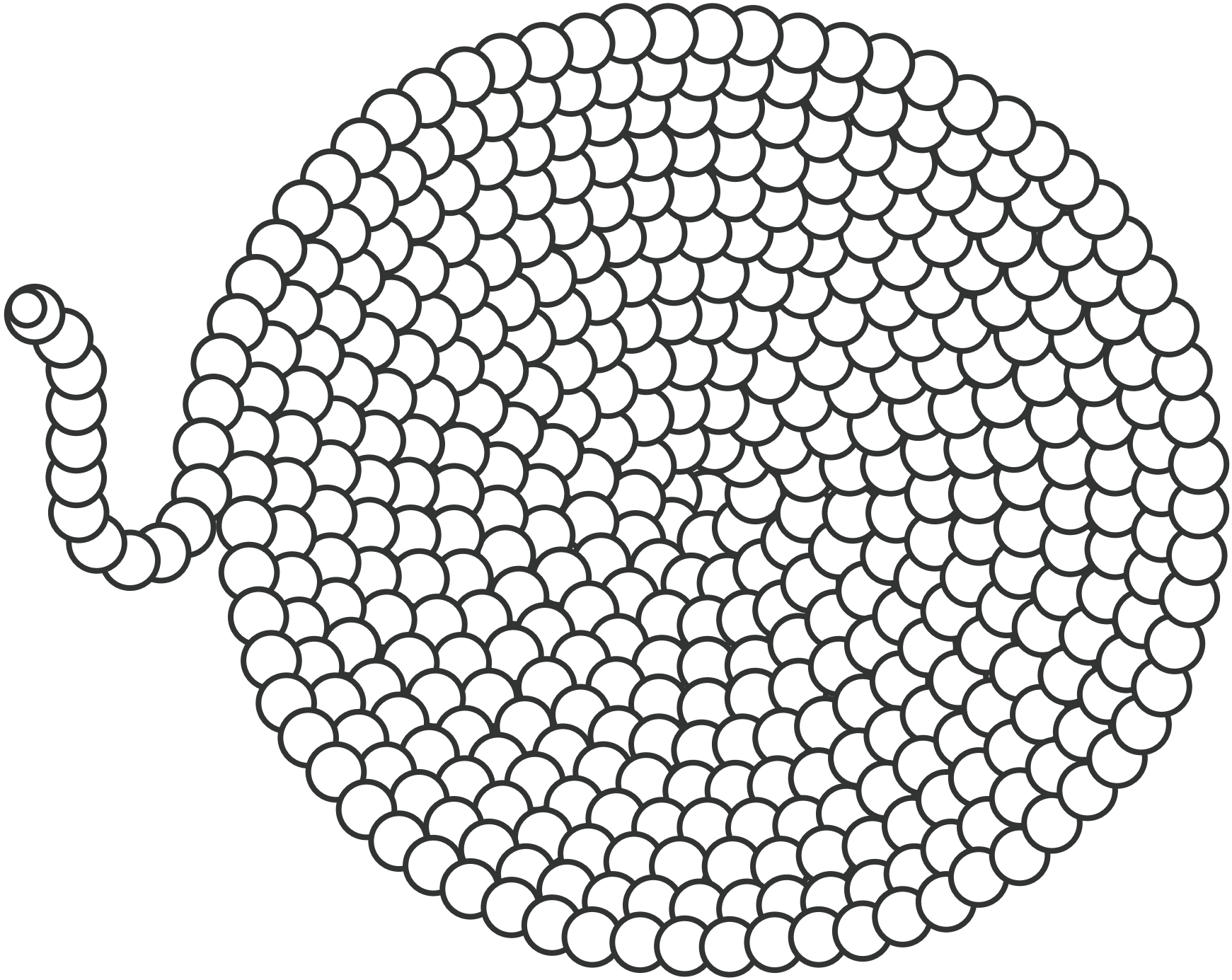ひたすらぬりえ ©apollab kien.co.jp