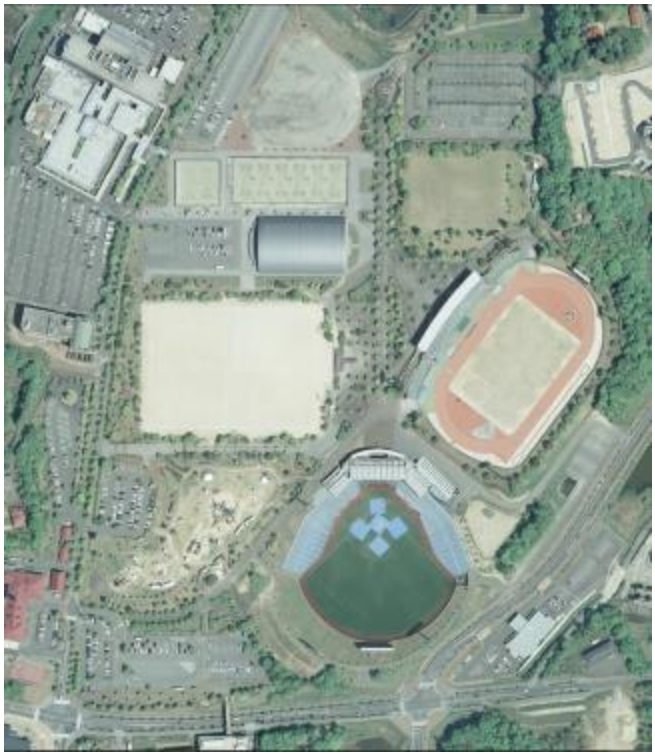

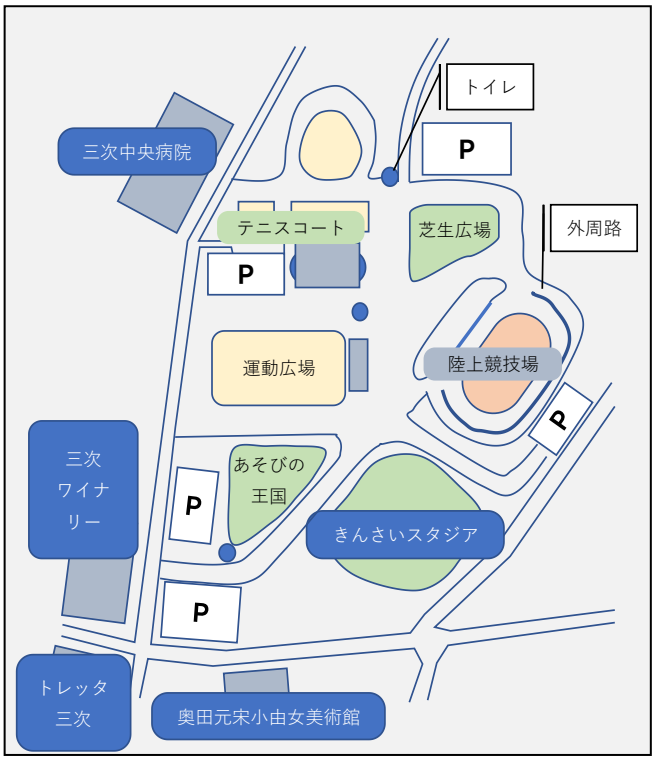

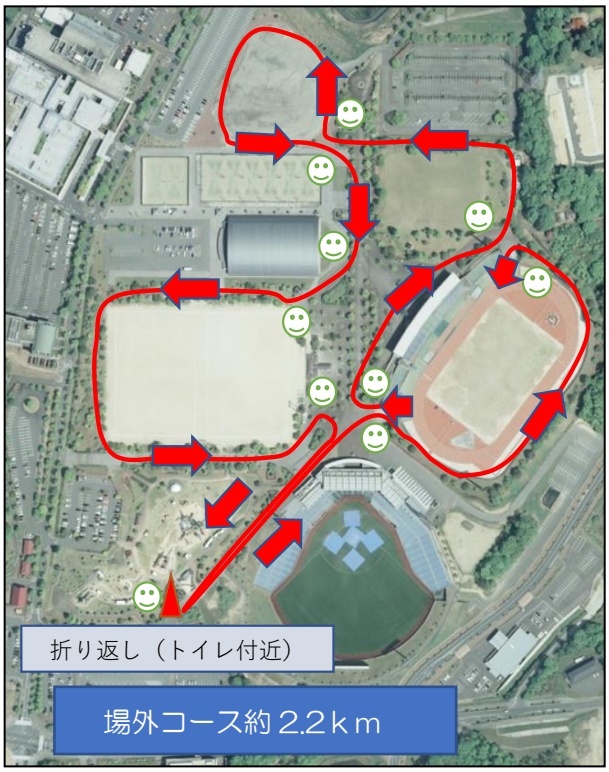

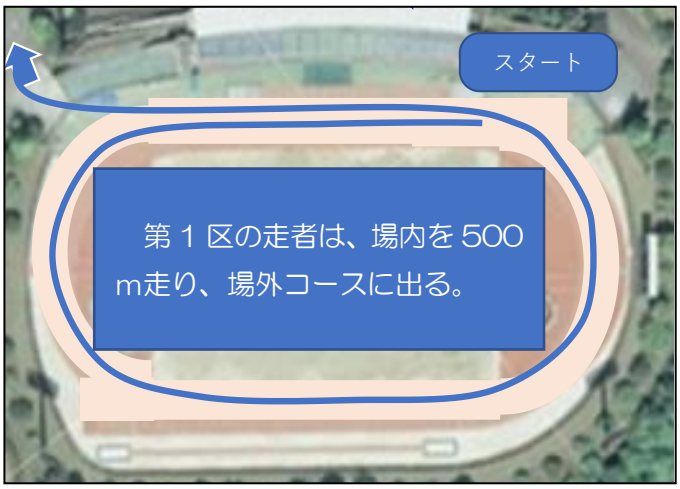

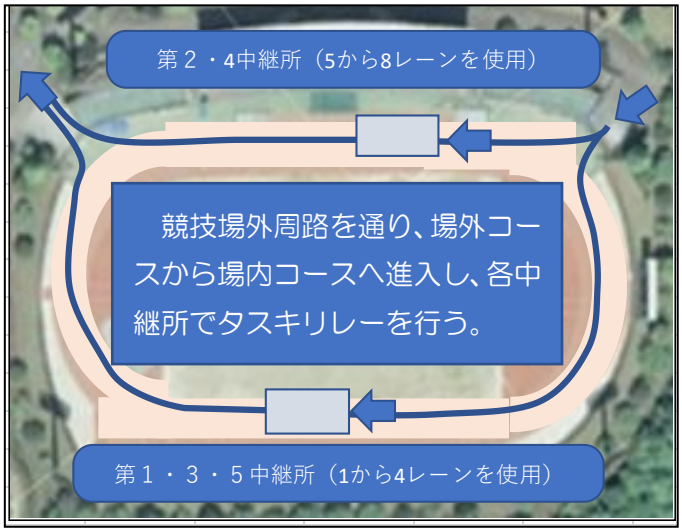

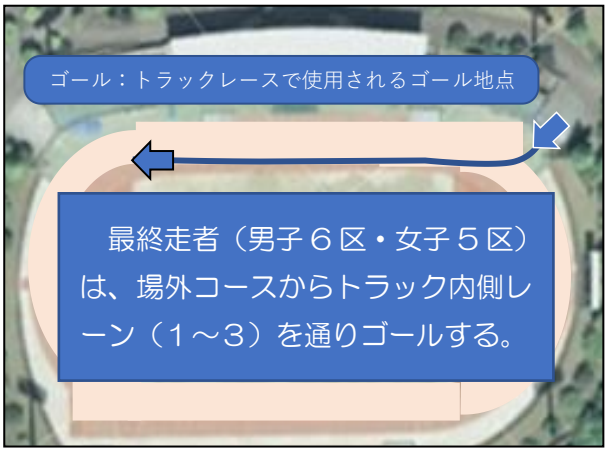

１区（2.9ｋｍ）
２区（2.4ｋｍ）３区（2.4ｋｍ）４区（2.4ｋｍ）
５区（男子 2.4ｋｍ・女子 2.5ｋｍ）
６区（2.5ｋｍ）