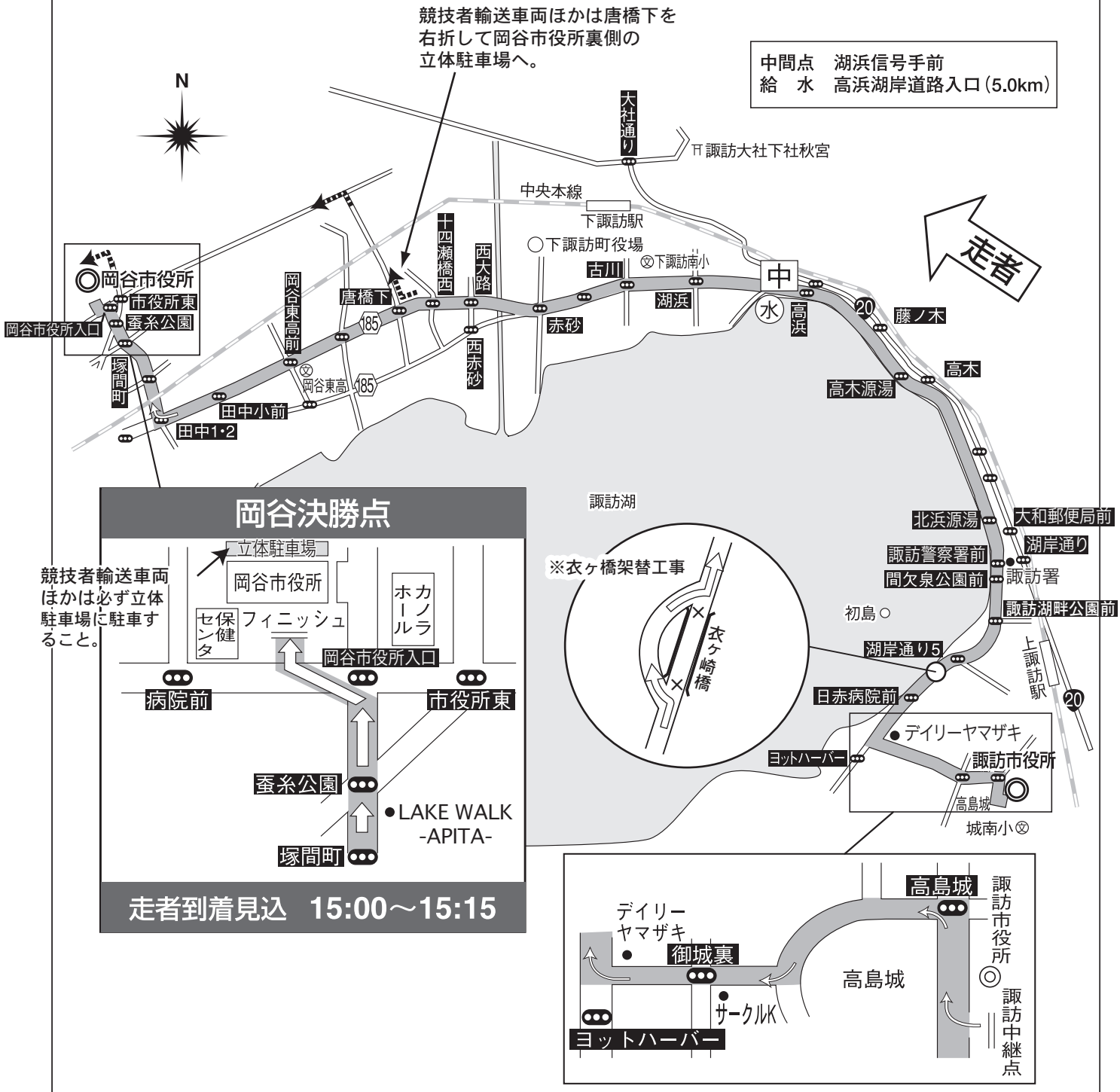第12区 諏訪⇒岡谷 10.1km