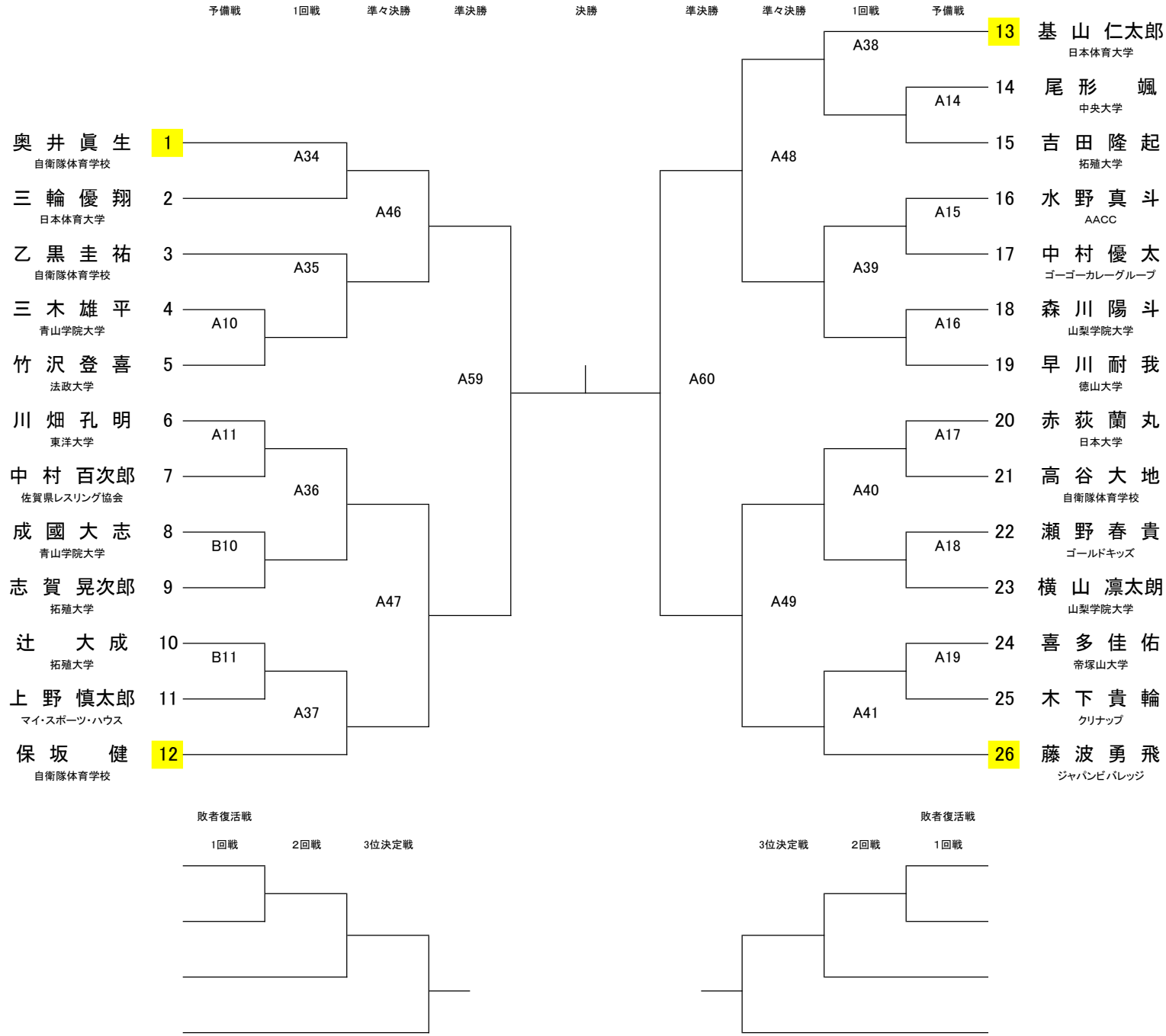74 kg フリー　　A.B マット