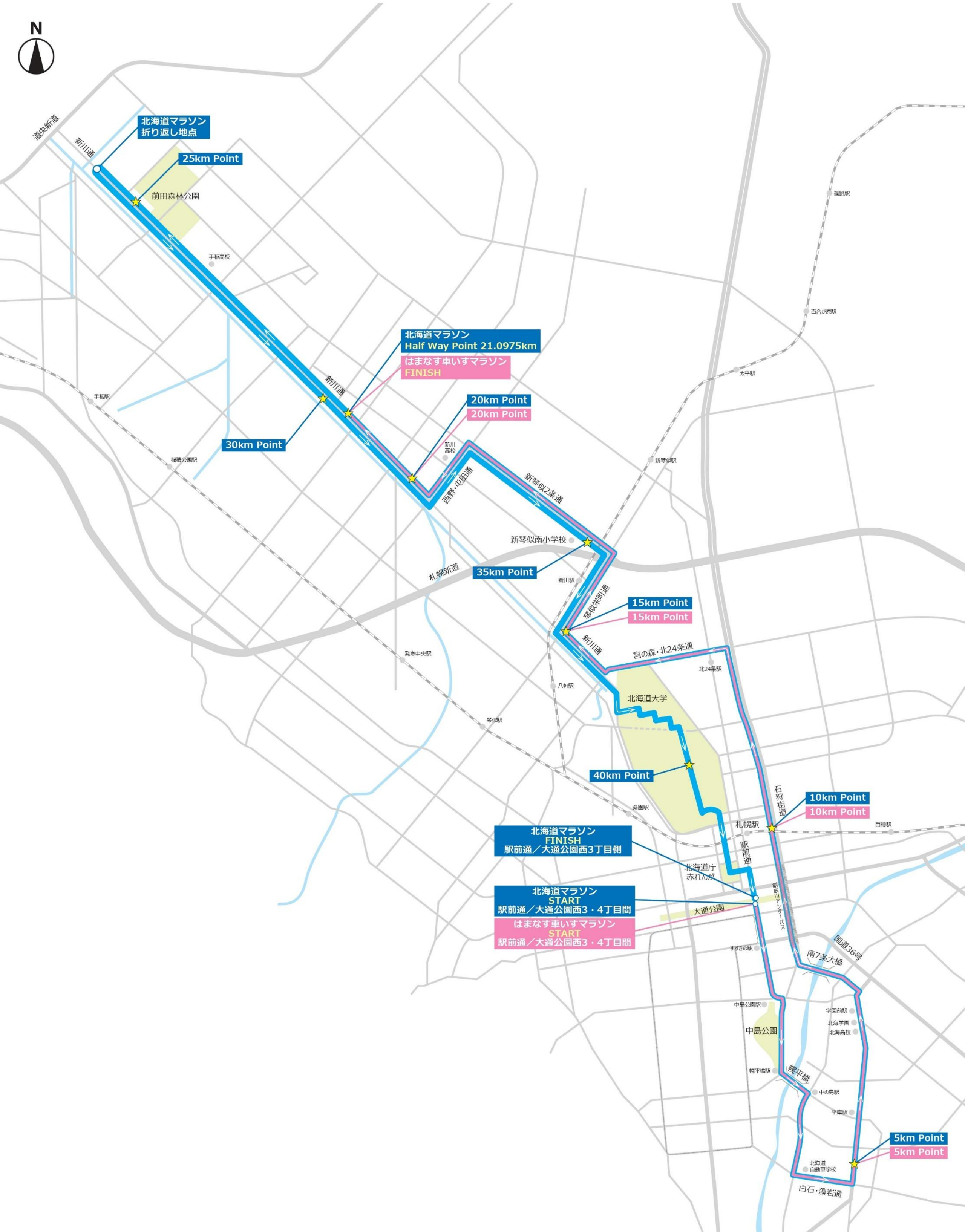はまなす車いすマラソン2026 コースMAP