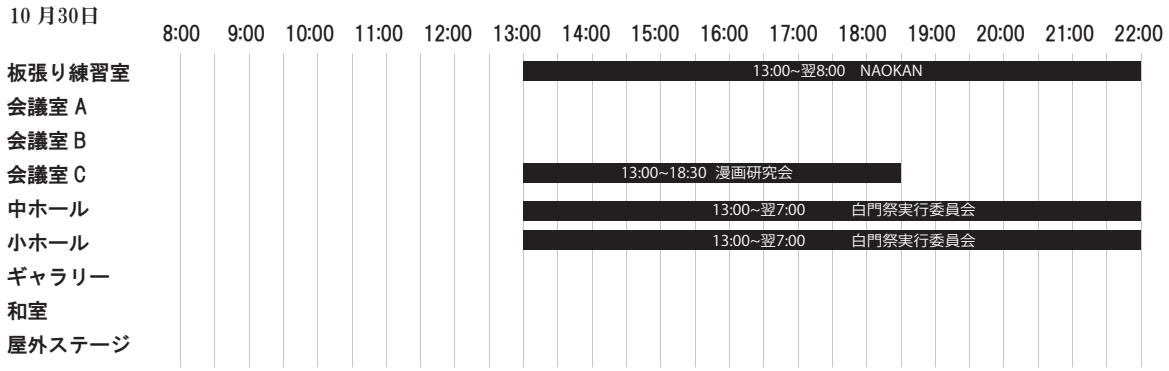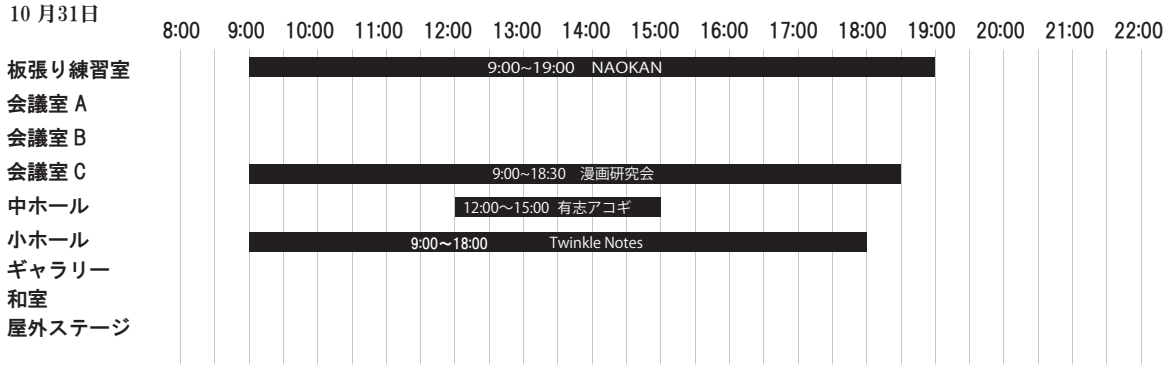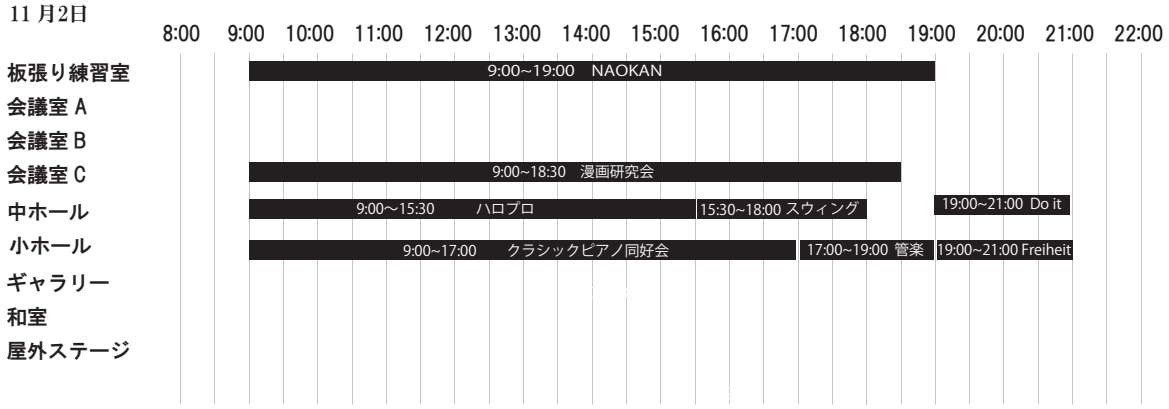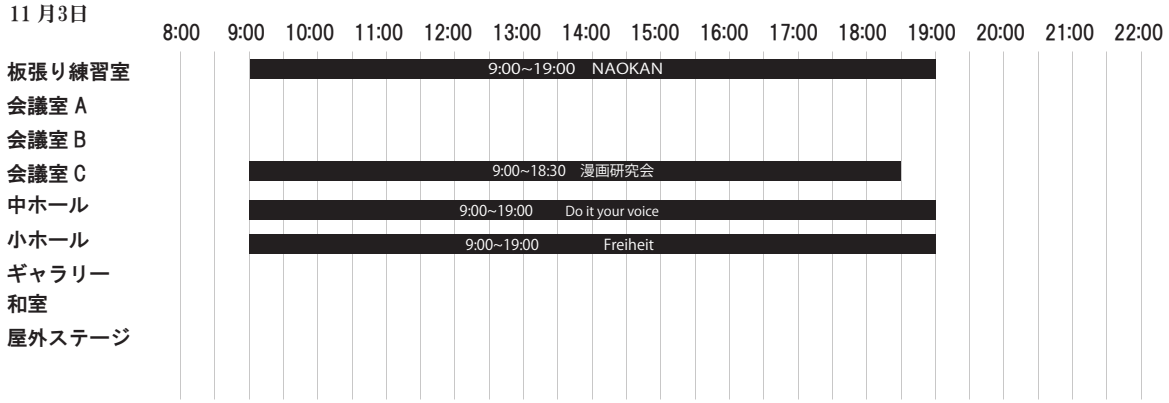C スクエアタイムテーブル