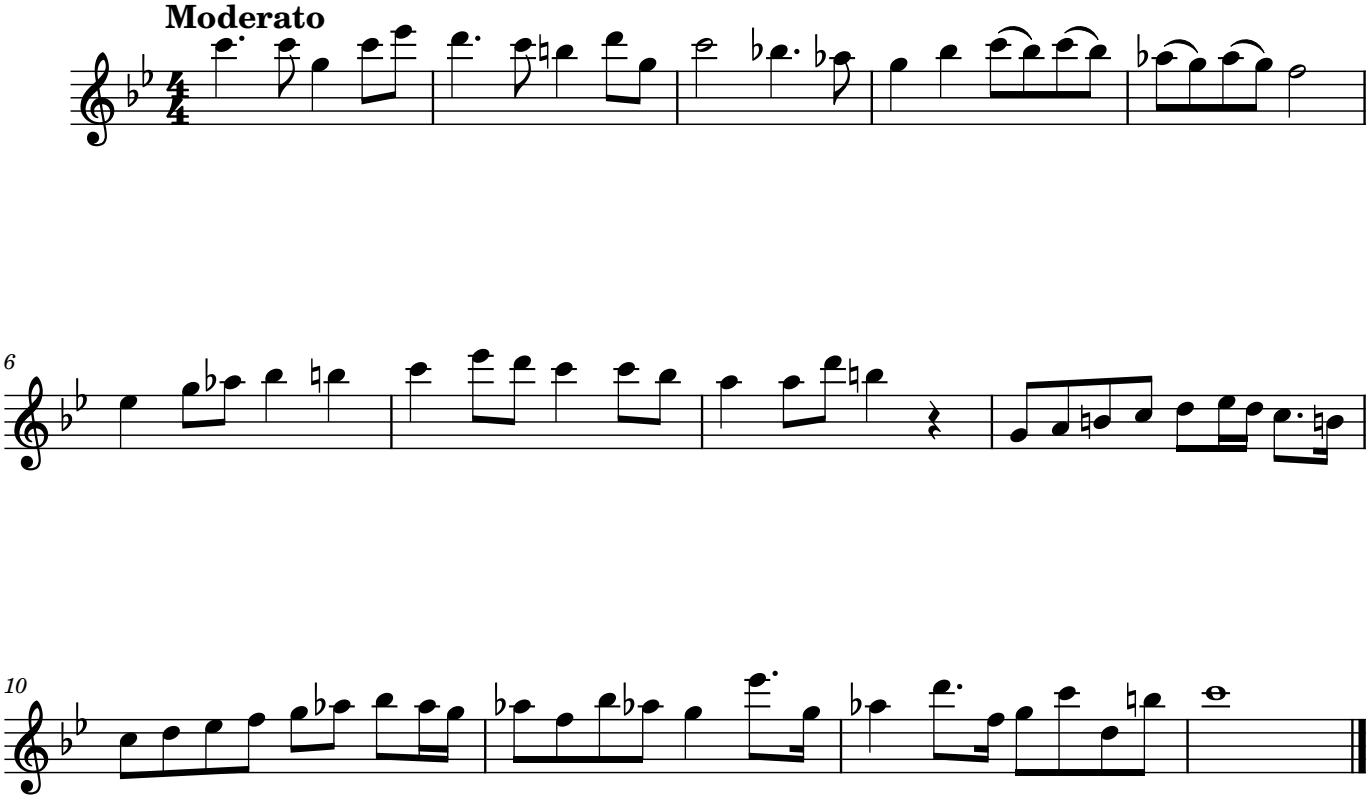アルトリコーダー