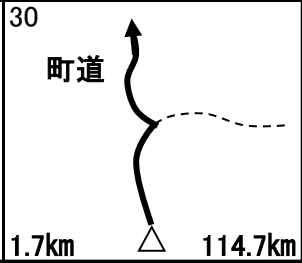
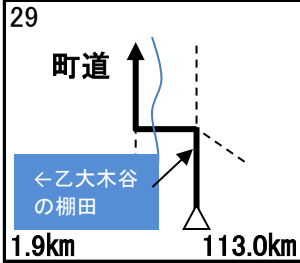
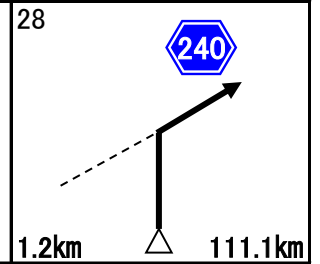
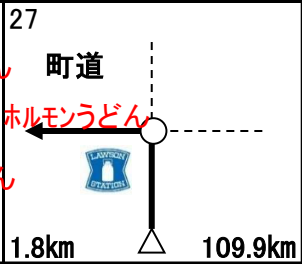
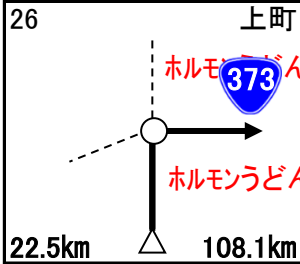
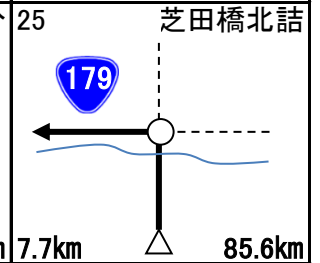
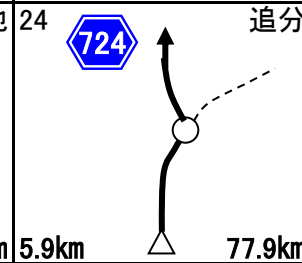
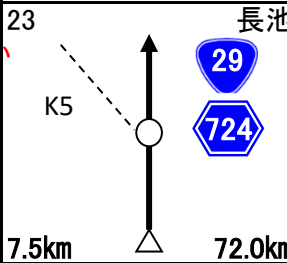
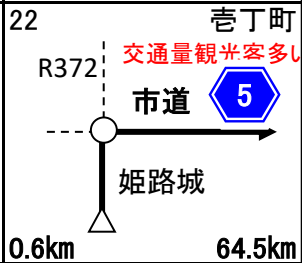
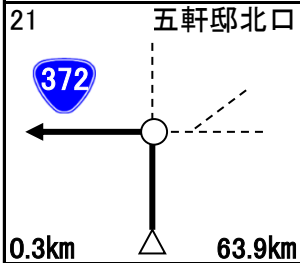
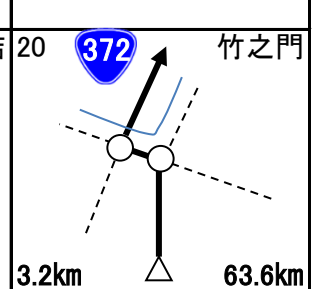
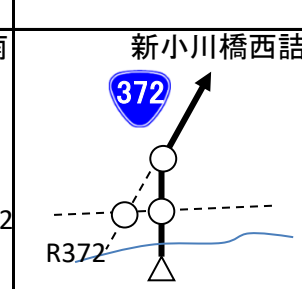
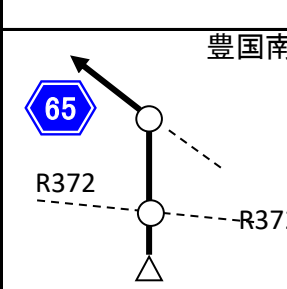


通過チェック②迄55.5km

PC1 ローソン 姫路錦東豊国店 08:46~11:00

シート取得

16.4km 60.4km

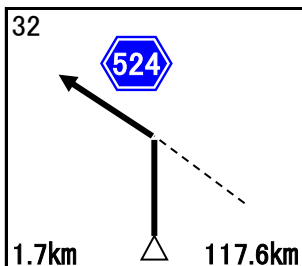


PC2迄23.1km

通過チェック② 兵庫県立大学 西はりま天文台 看板と自転車写真 棚田バックも可

1.2km 115.9km



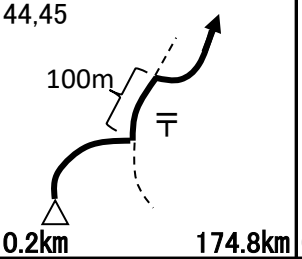
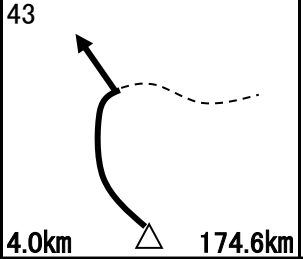
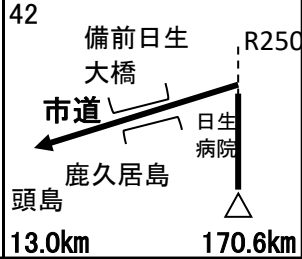
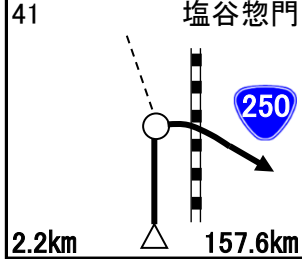
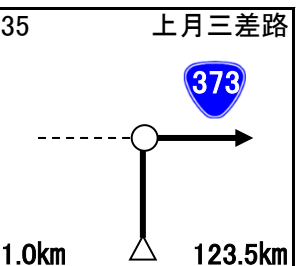
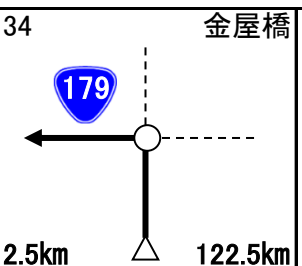
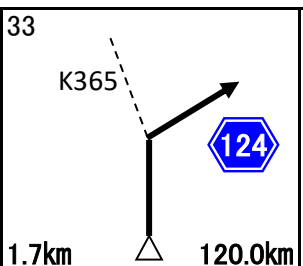
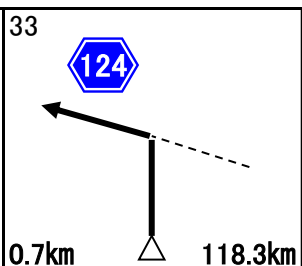


通過チェック③迄36km

PC2 7-11
上郡町上郡店
11:05~16:16

レシート取得

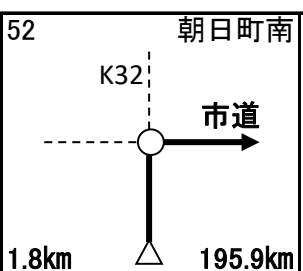
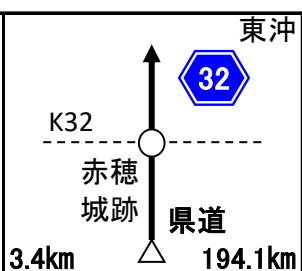
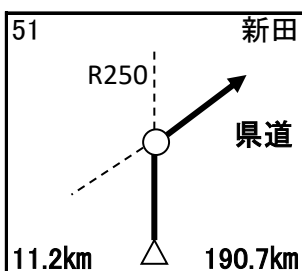
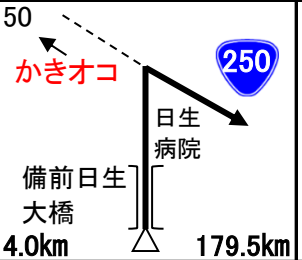
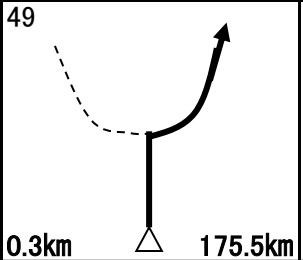
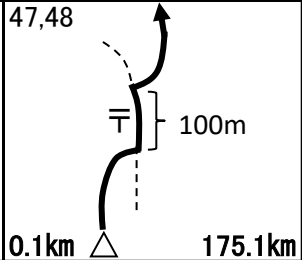
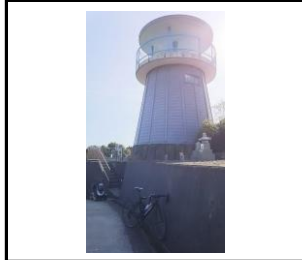
15.5km 139.0km



通過チェック④迄22.4km

7.1km 155.4km

通過チェック③
ためき山展望台
と自転車写真

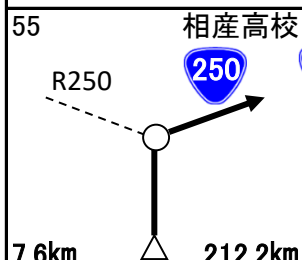


通過チェック⑤迄29.5km

1.5km 197.4km

通過チェック④
伊和都比売神社
鳥居, 自転車写真

入口の看板でも可

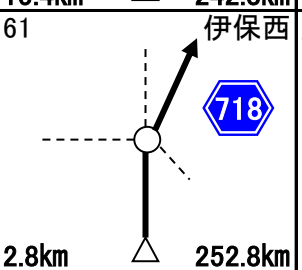
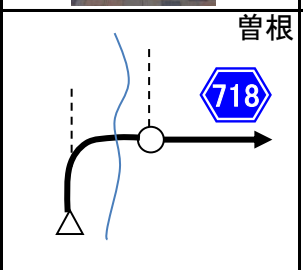
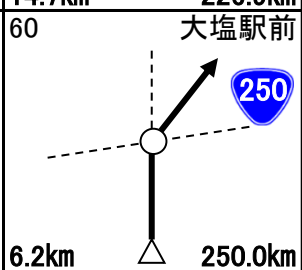
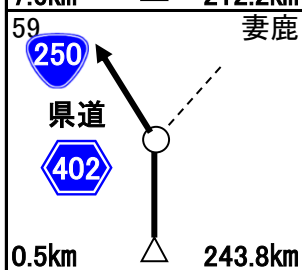
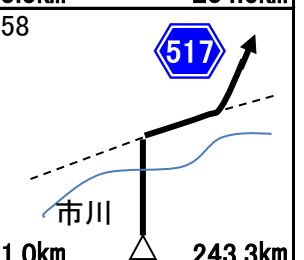
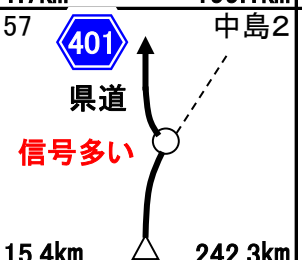


PC3迄27.5km

14.7km 226.9km

通過チェック⑤
道の駅みつ
看板写真

分かれば他の物でも可

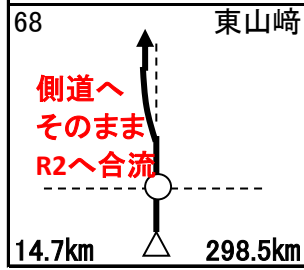
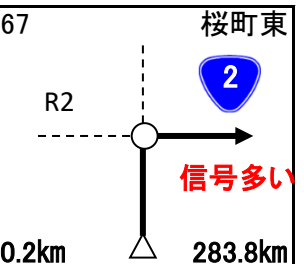
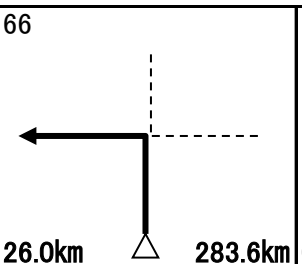
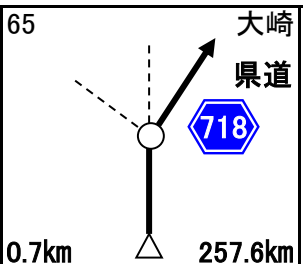
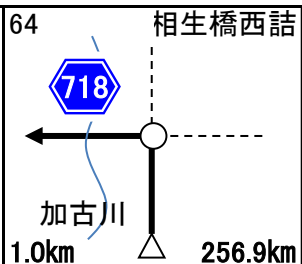
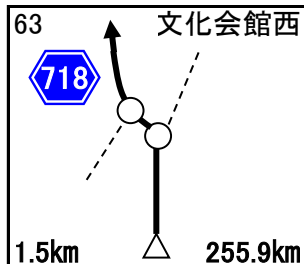


goal迄46.6km

1.6km 254.4km

PC3 ファミマ
荒町千鳥店
14:34~23:56

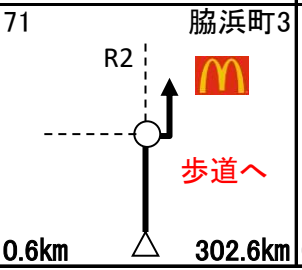
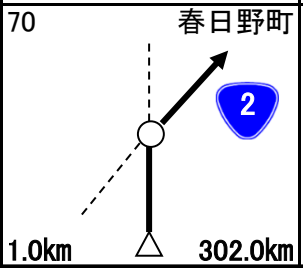
レシート取得



受付迄1.8km

goal ローソン
磯上通2丁目店
12)16:00~13)03:00

2.5km 301.0km



ゴール受付
マクドナルド
2号線脇浜店
~13)03:45

0.2km 302.8km