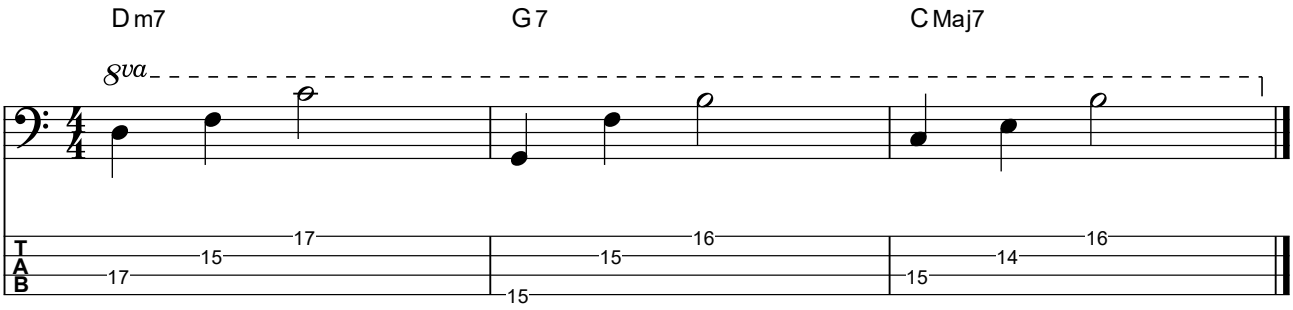ピッキングパターン-1