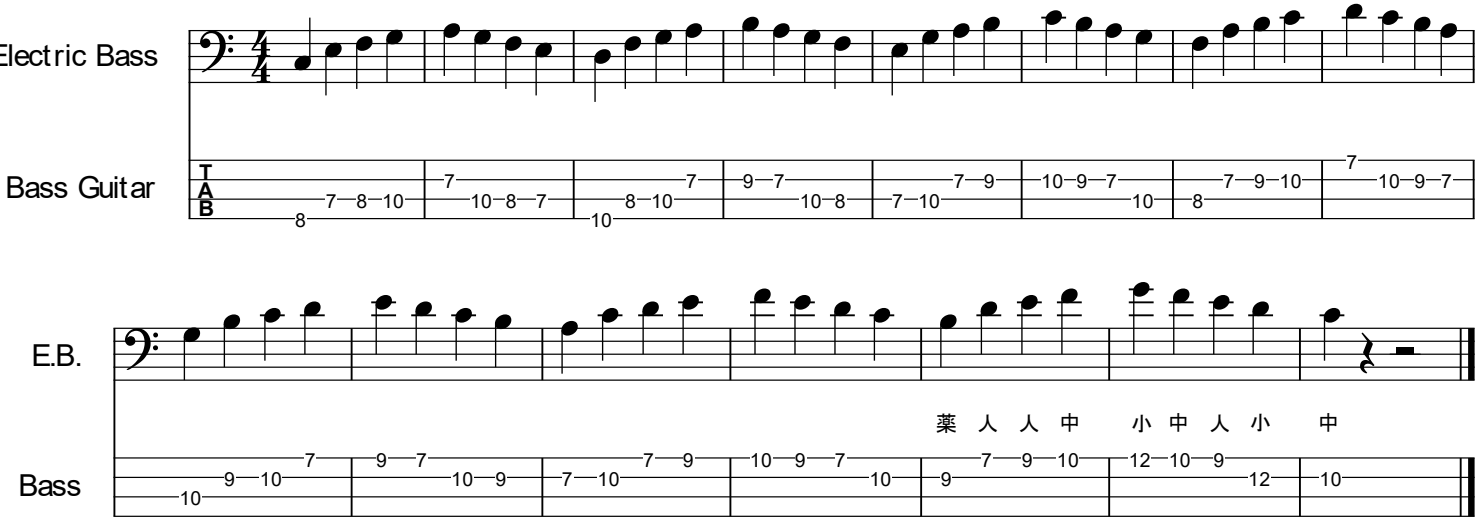ハノンの1番/上昇