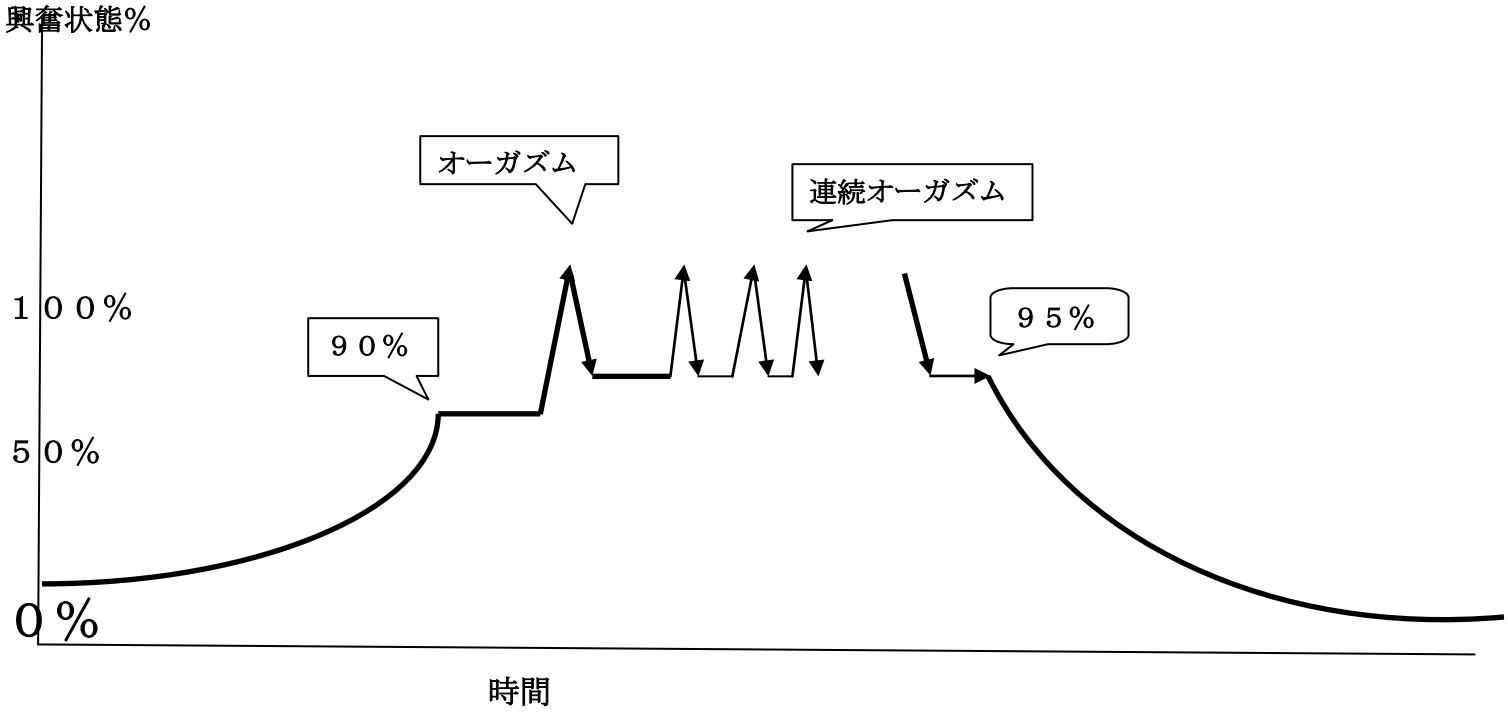プラトー（高原）状態イメージ図