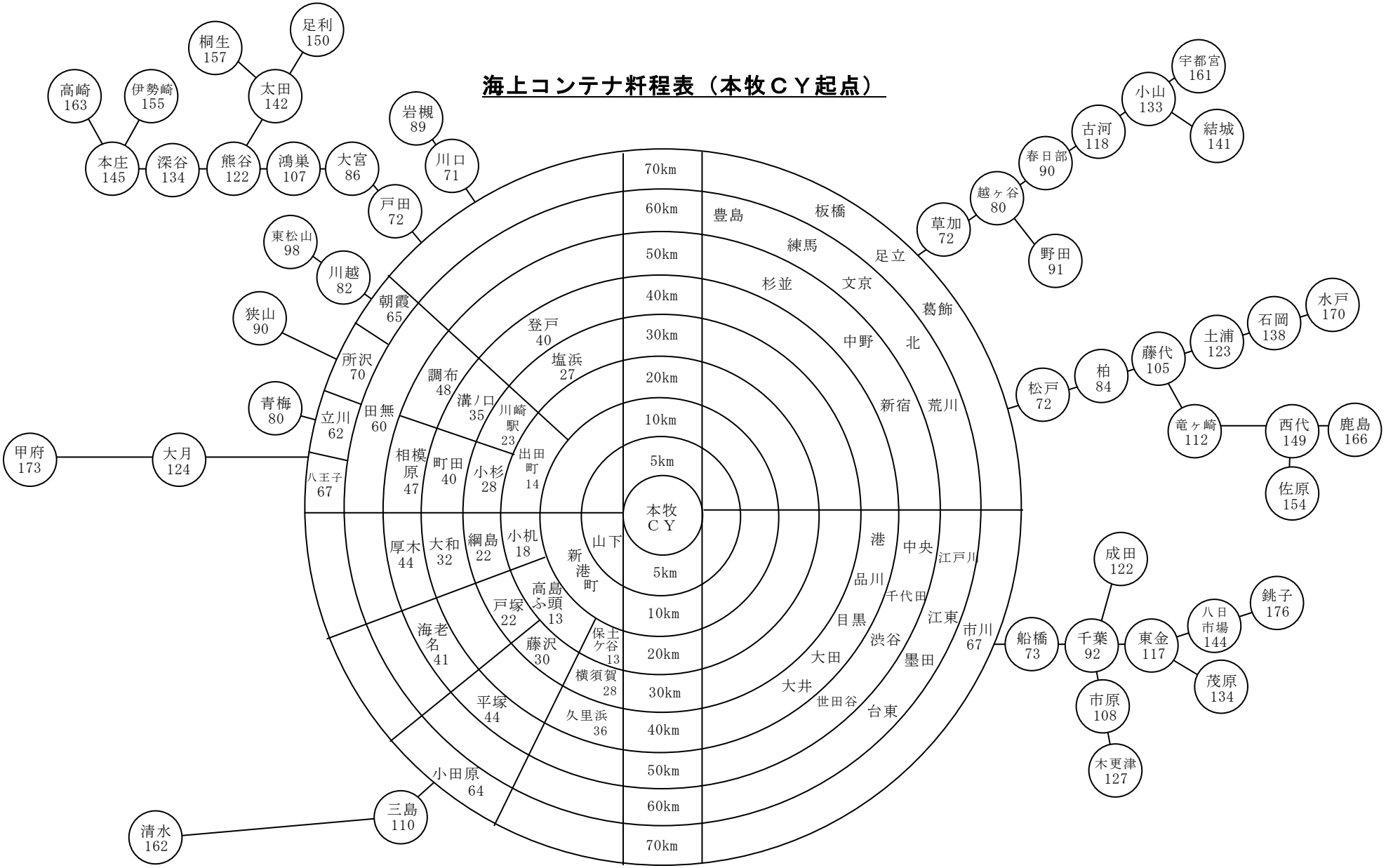海上コンテナ粁程表（本牧ＣＹ起点）