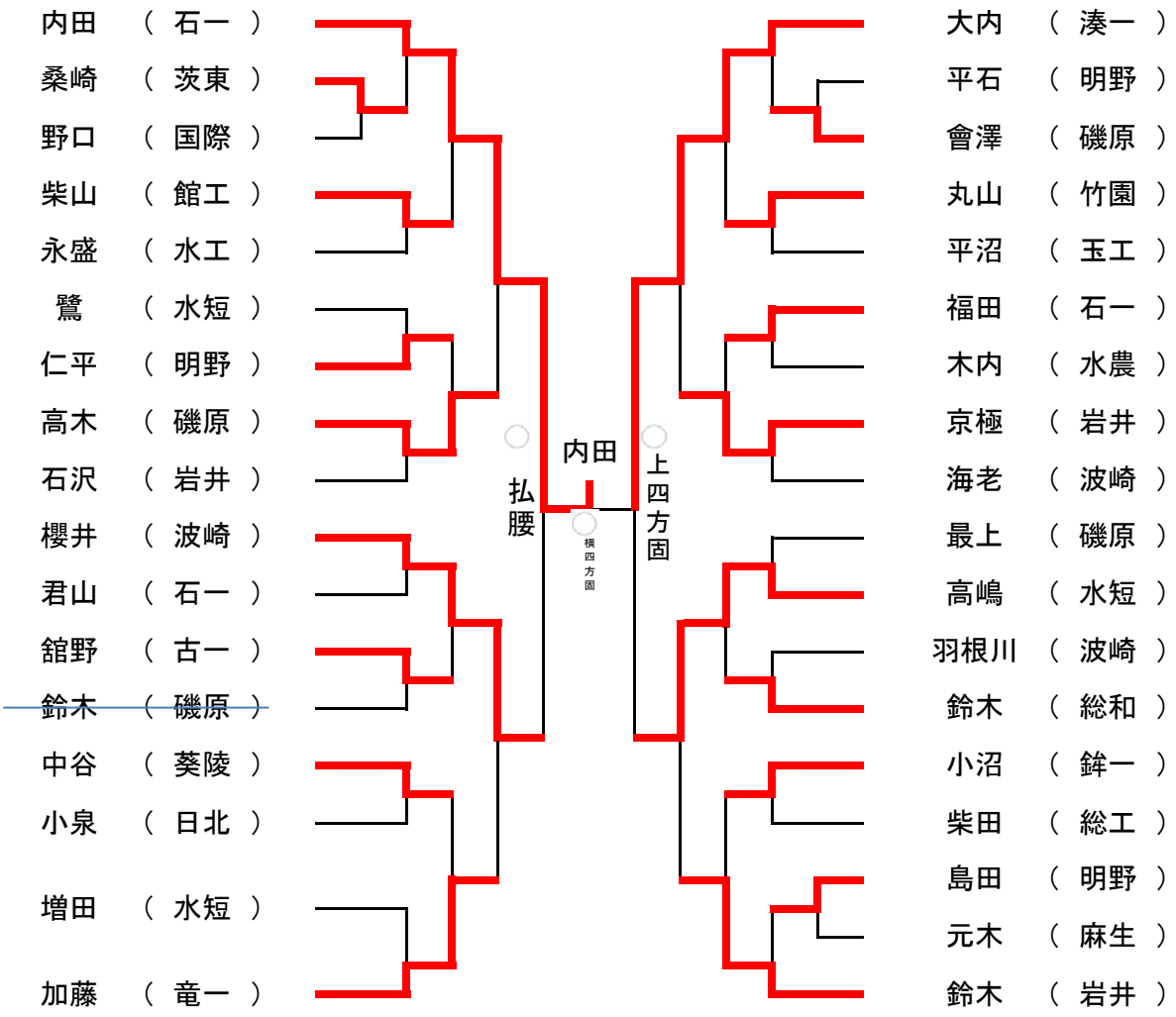男子個人100kg超級