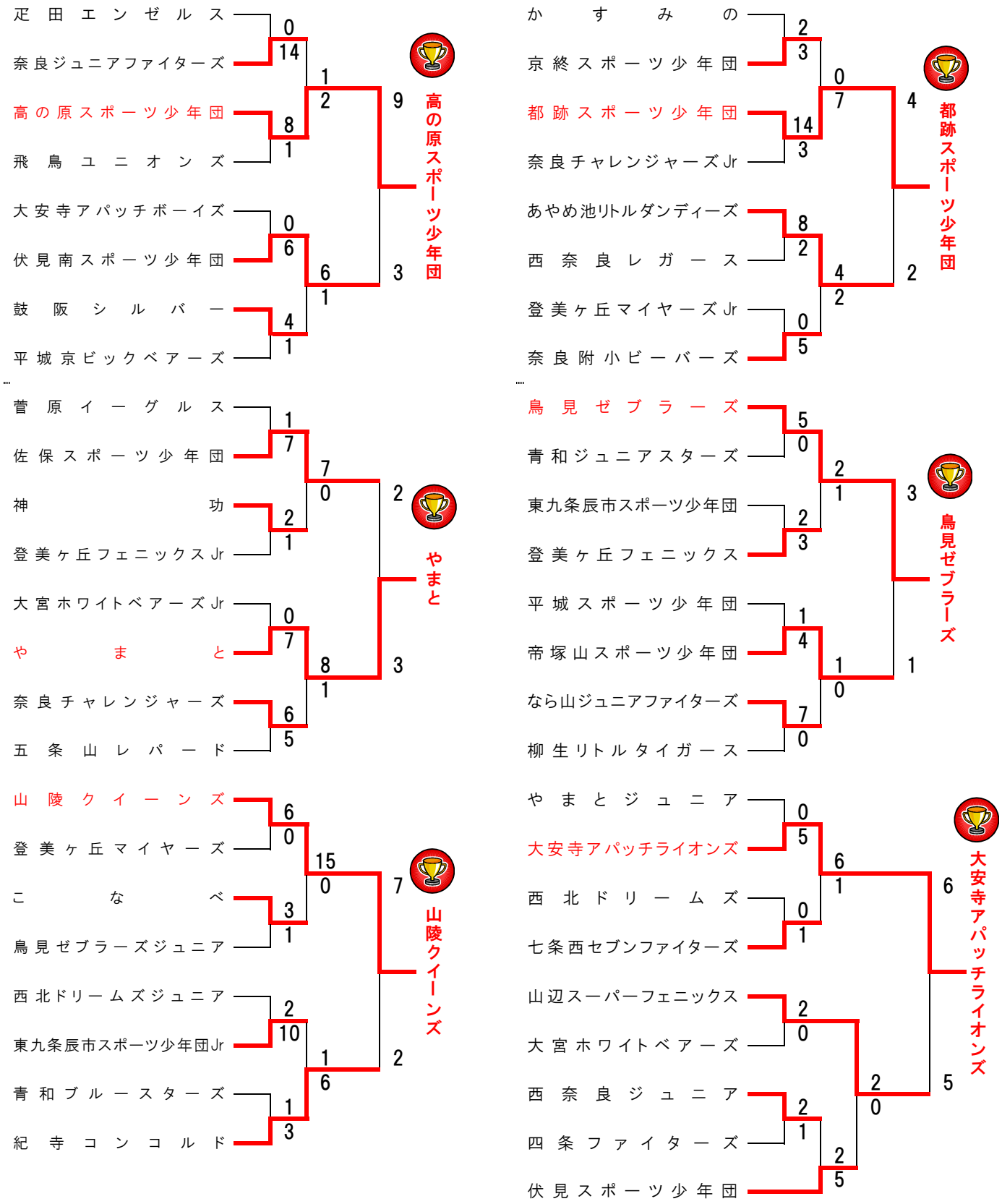2009年度奈良市民体育大会【春季】(2009.5.3&5.10)