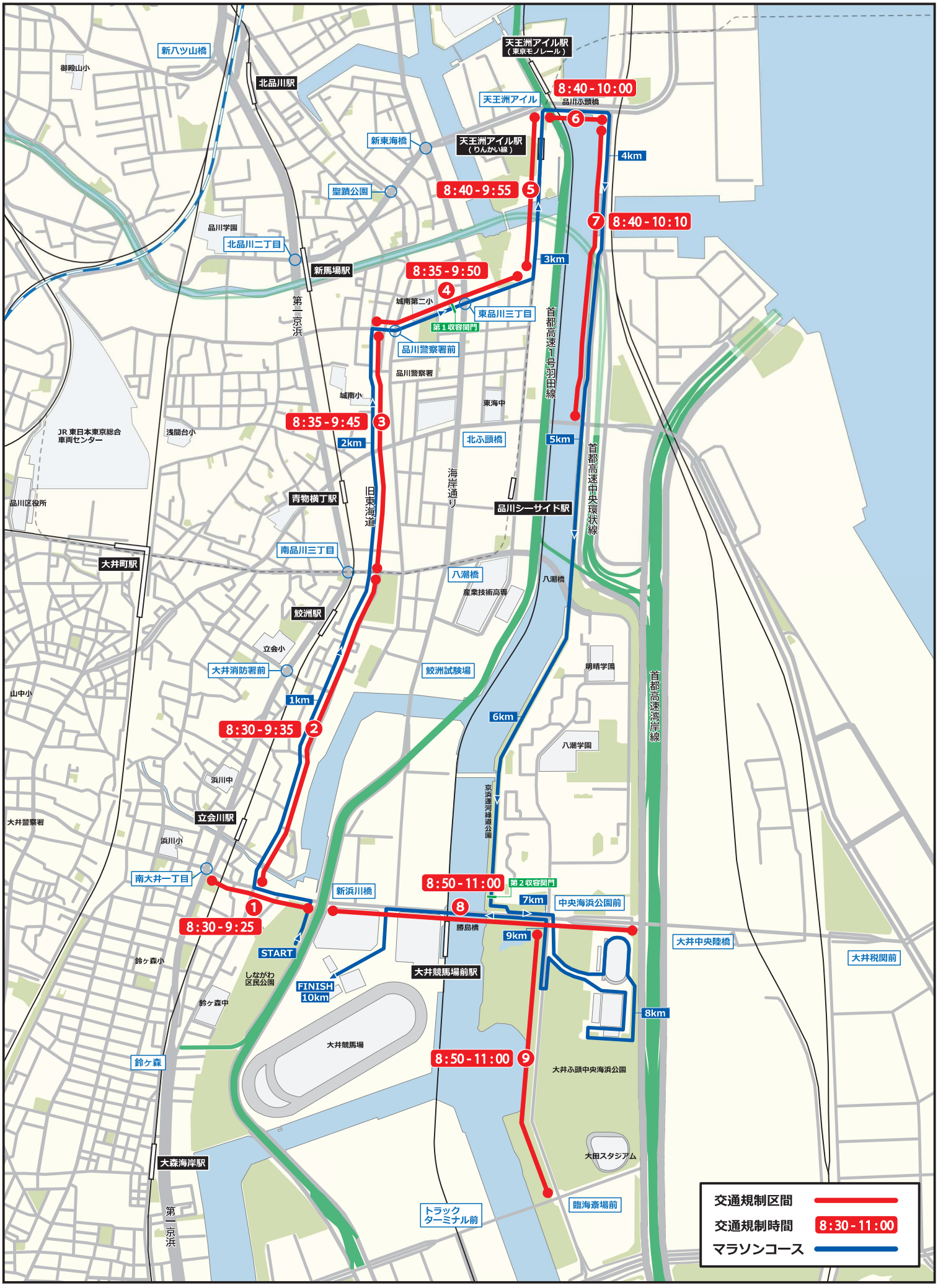しながわシティラン2026　交通規制時間