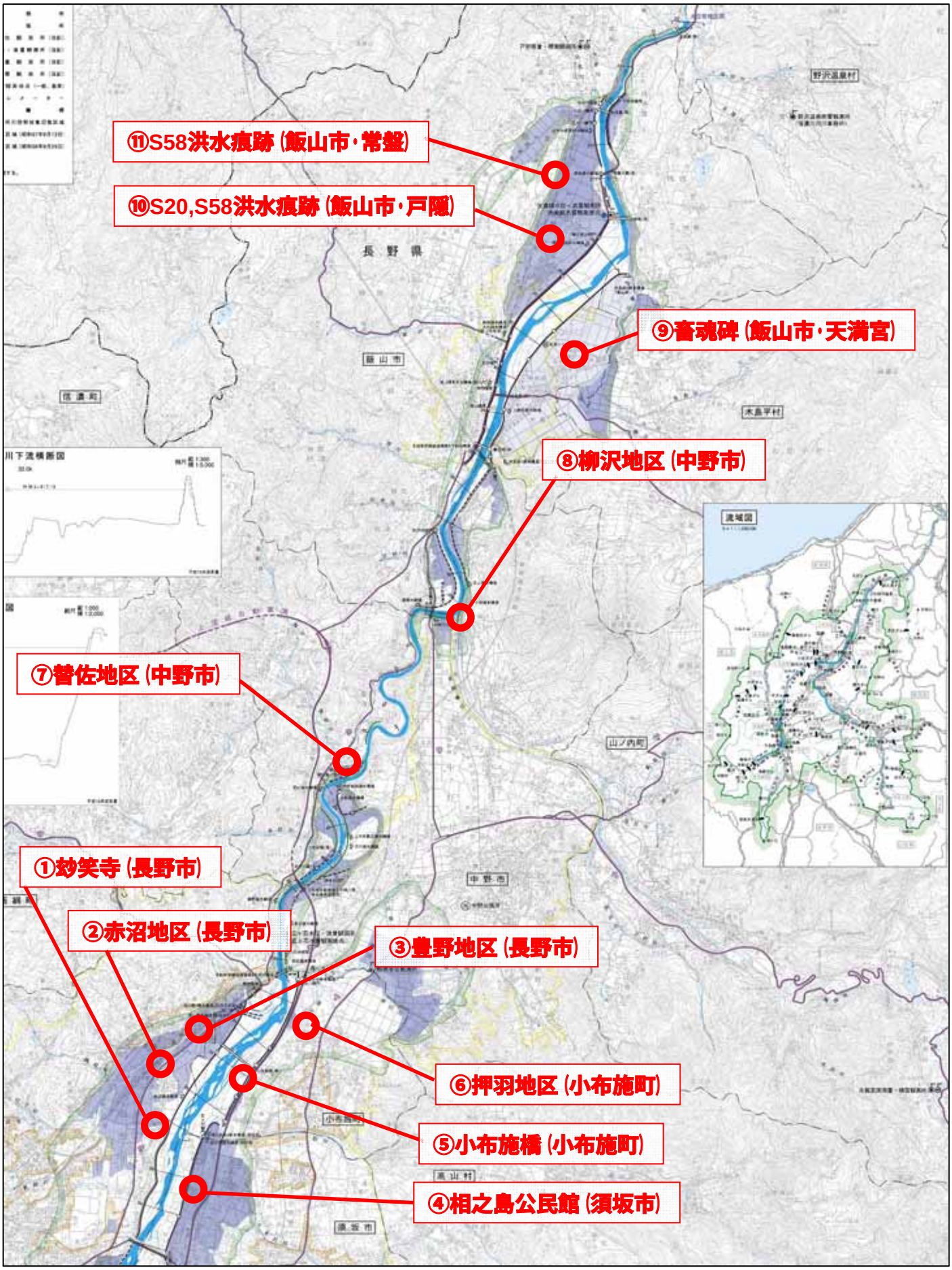千曲川流域における洪水痕跡水位標一覧