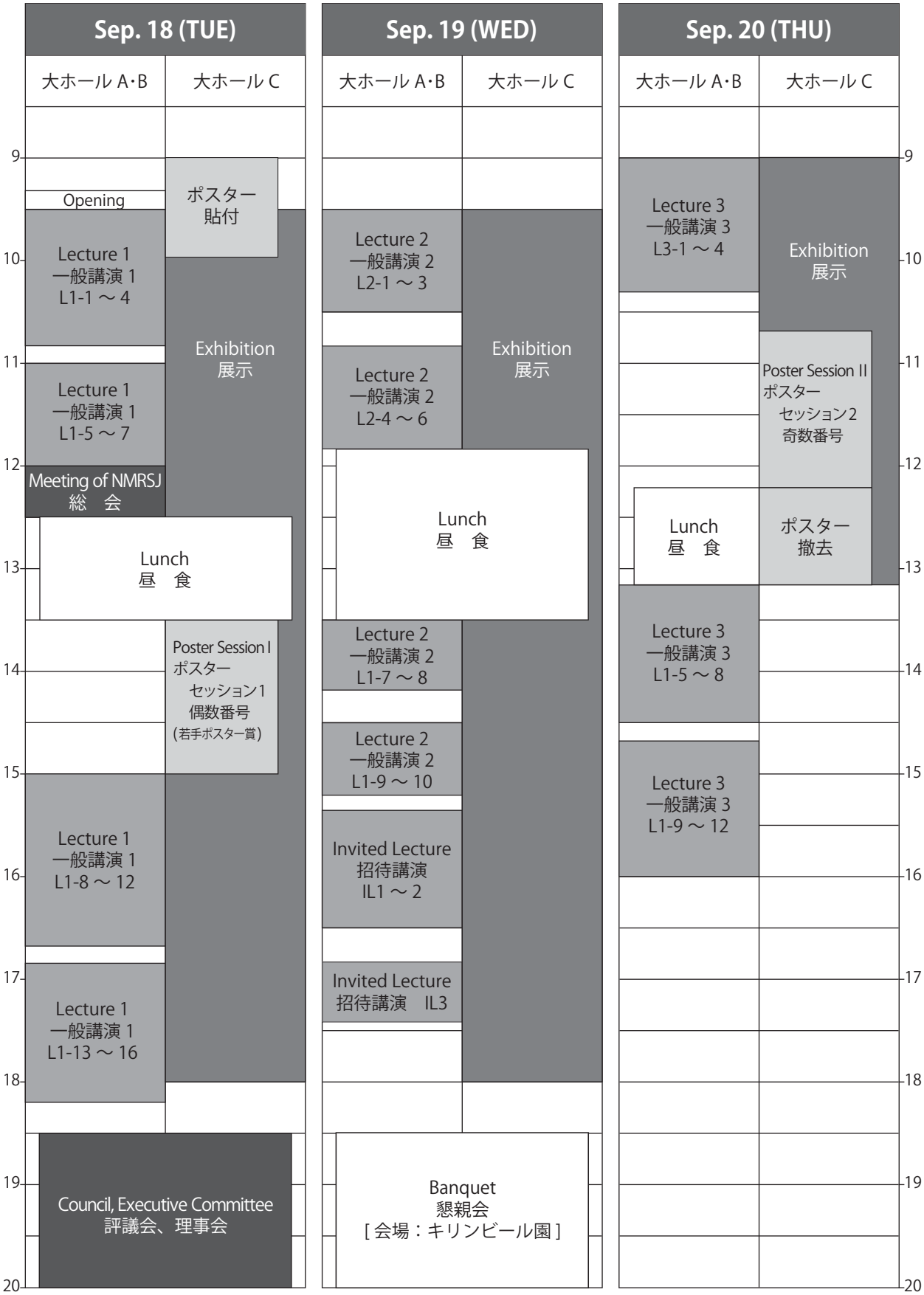第 57 回 NMR 討論会 (2018)　日程表