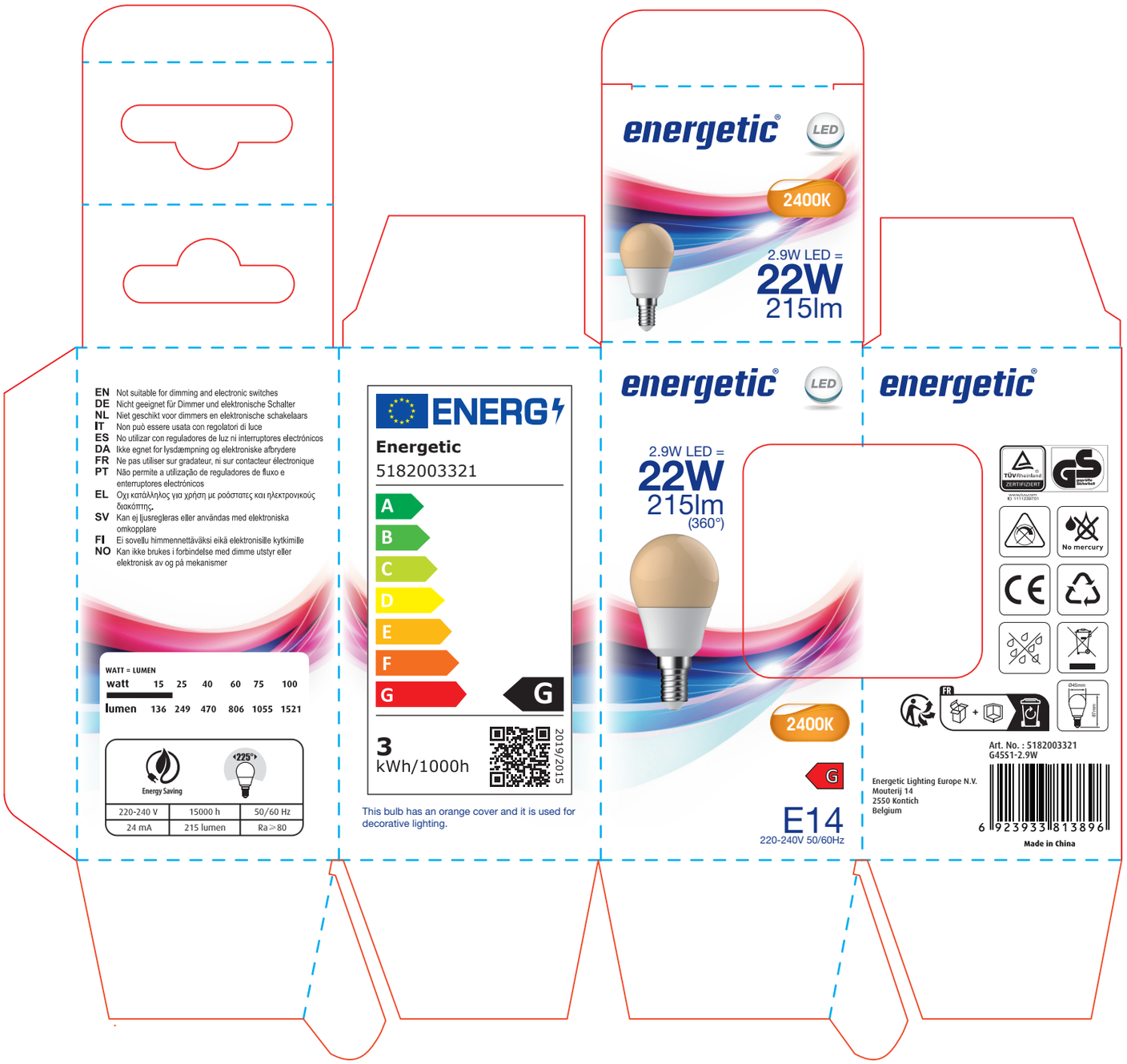400g灰底白板纸 46×46×90mm 展开尺寸197×185mm