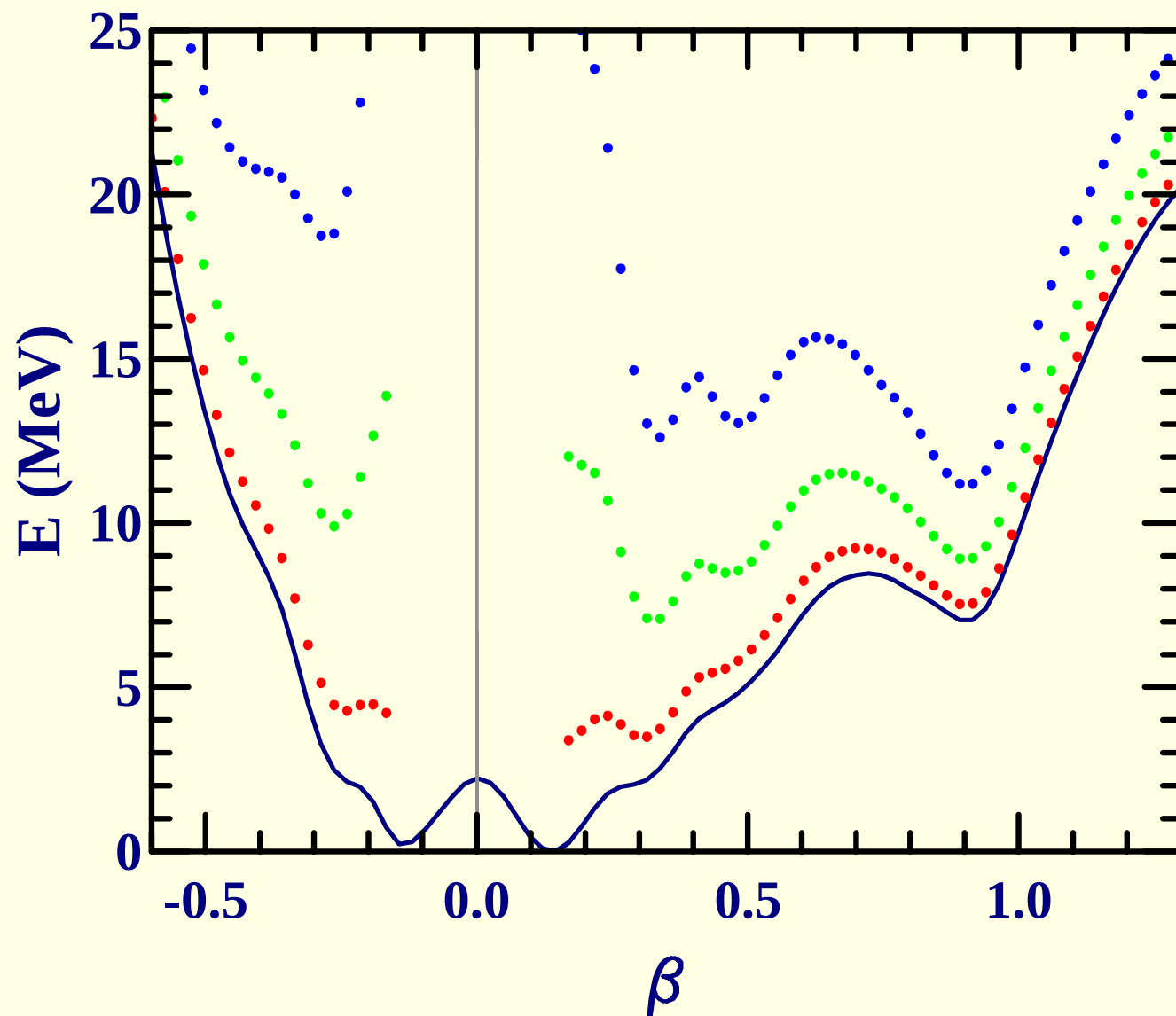


$^{153}_{67}\text{Ho}_{86}$ 

Energie de liaison

HFB=1244.340 MeV

Exp=1247.52 MeV