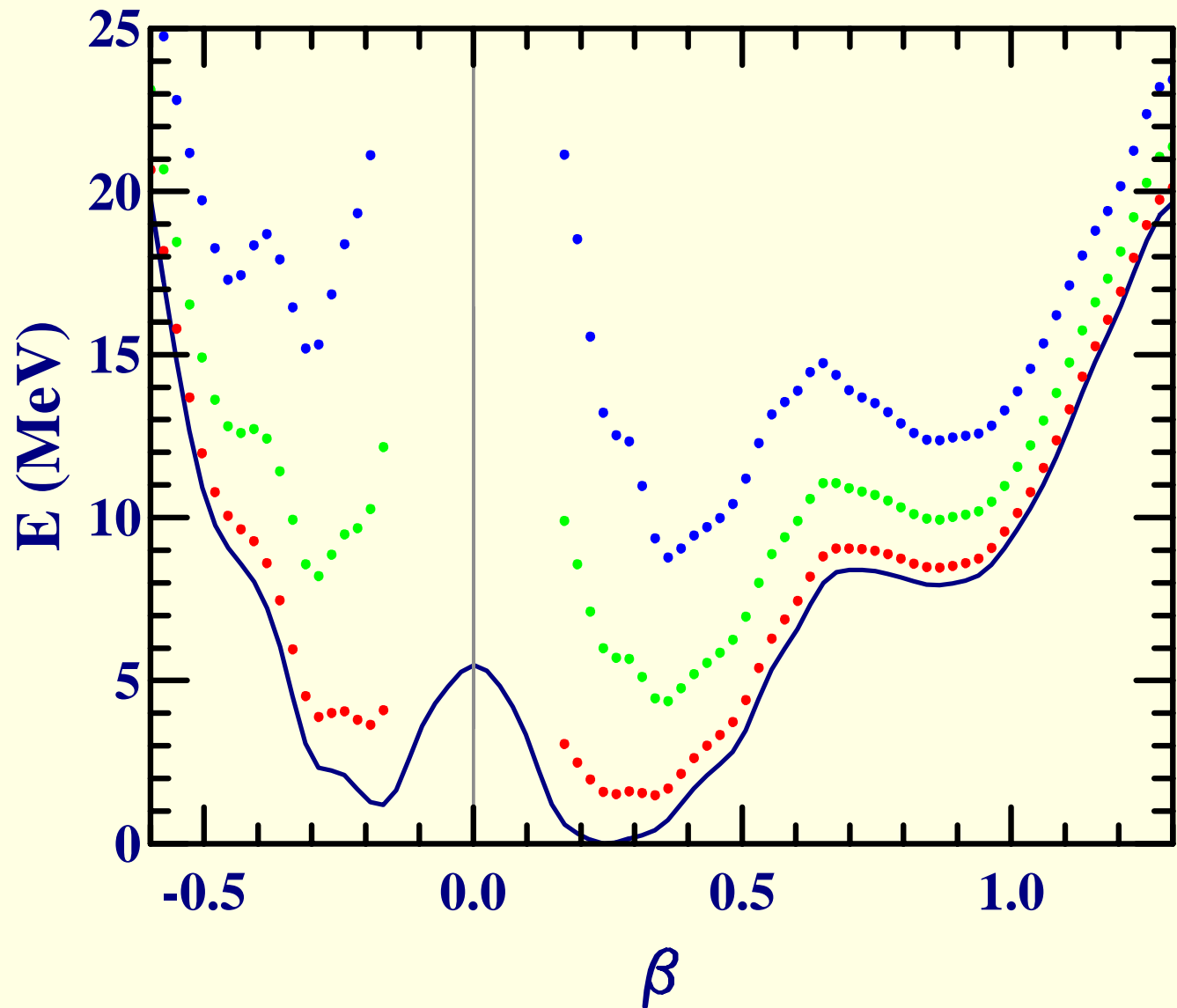


$^{156}_{67}\text{Ho}_{89}$



Energie de liaison

HFB=1267.620 MeV
Exp=1272.18 MeV

