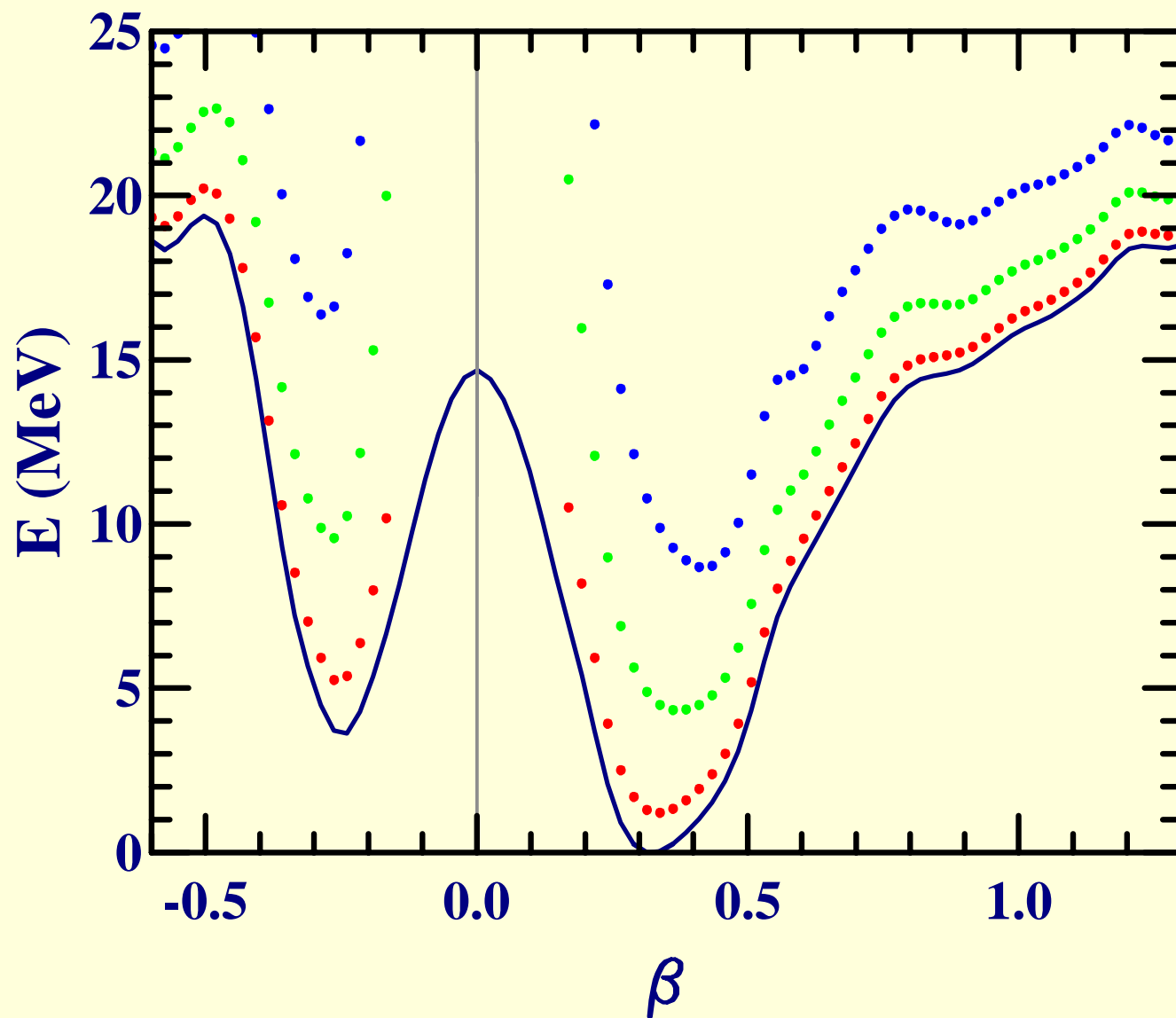


$^{176}_{72}\text{Hf}_{104}$



Binding energy

HFB=1413.270 MeV

Exp=1418.81 MeV

