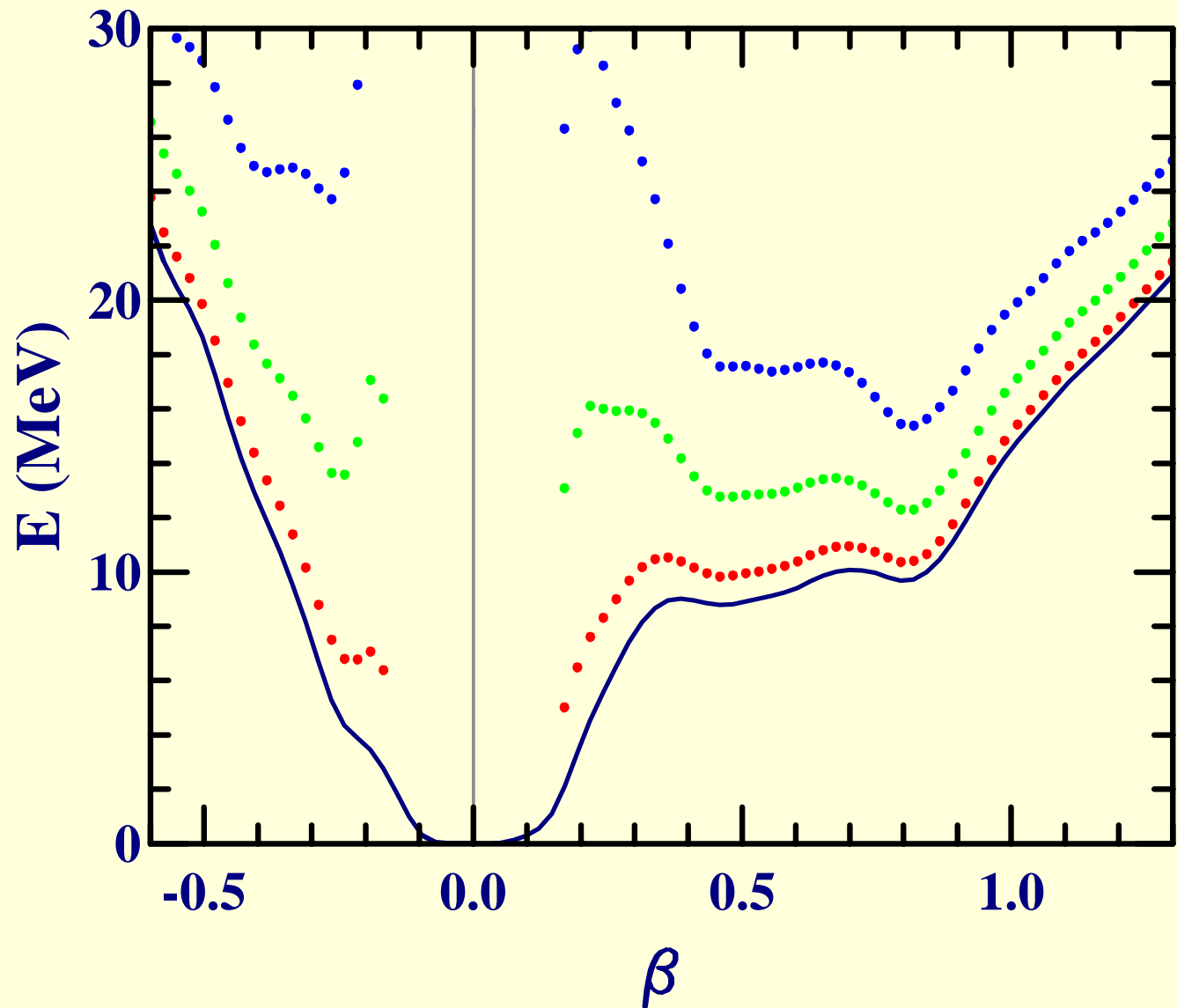




$^{156}_{72}\text{Hf}_{84}$



Binding energy

HFB=1240.400 MeV
Exp=1240.76 MeV(ext)

