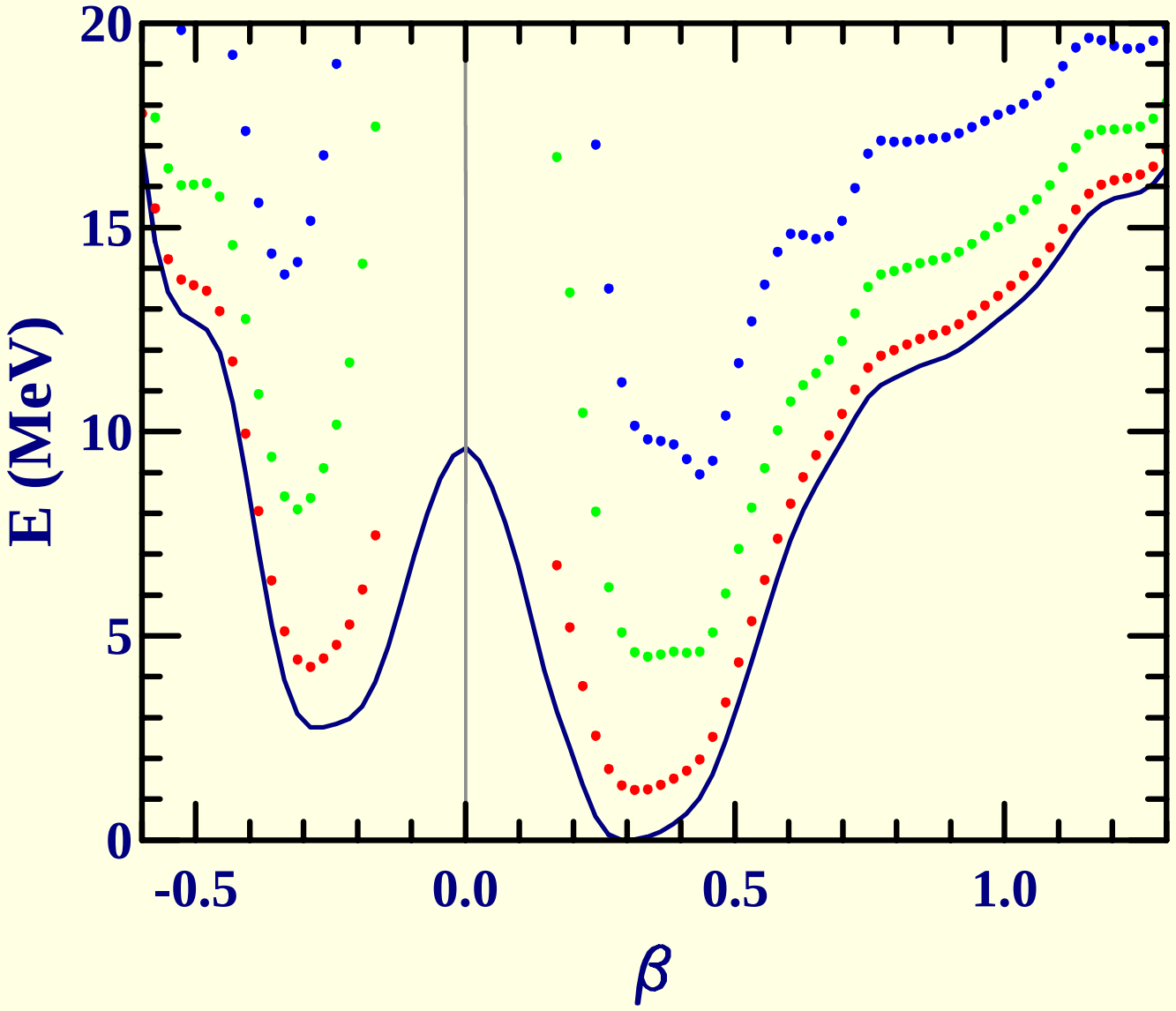
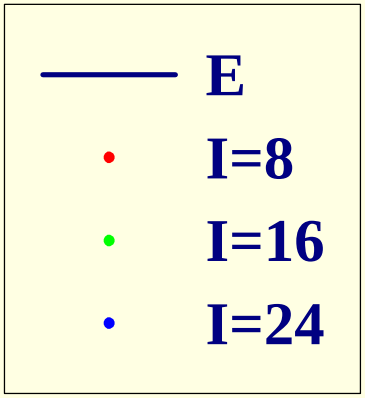
$^{167}_{72}Hf_{95}$



Binding energy

HFB=1341.300 MeV

Exp=1345.05 MeV(ext)