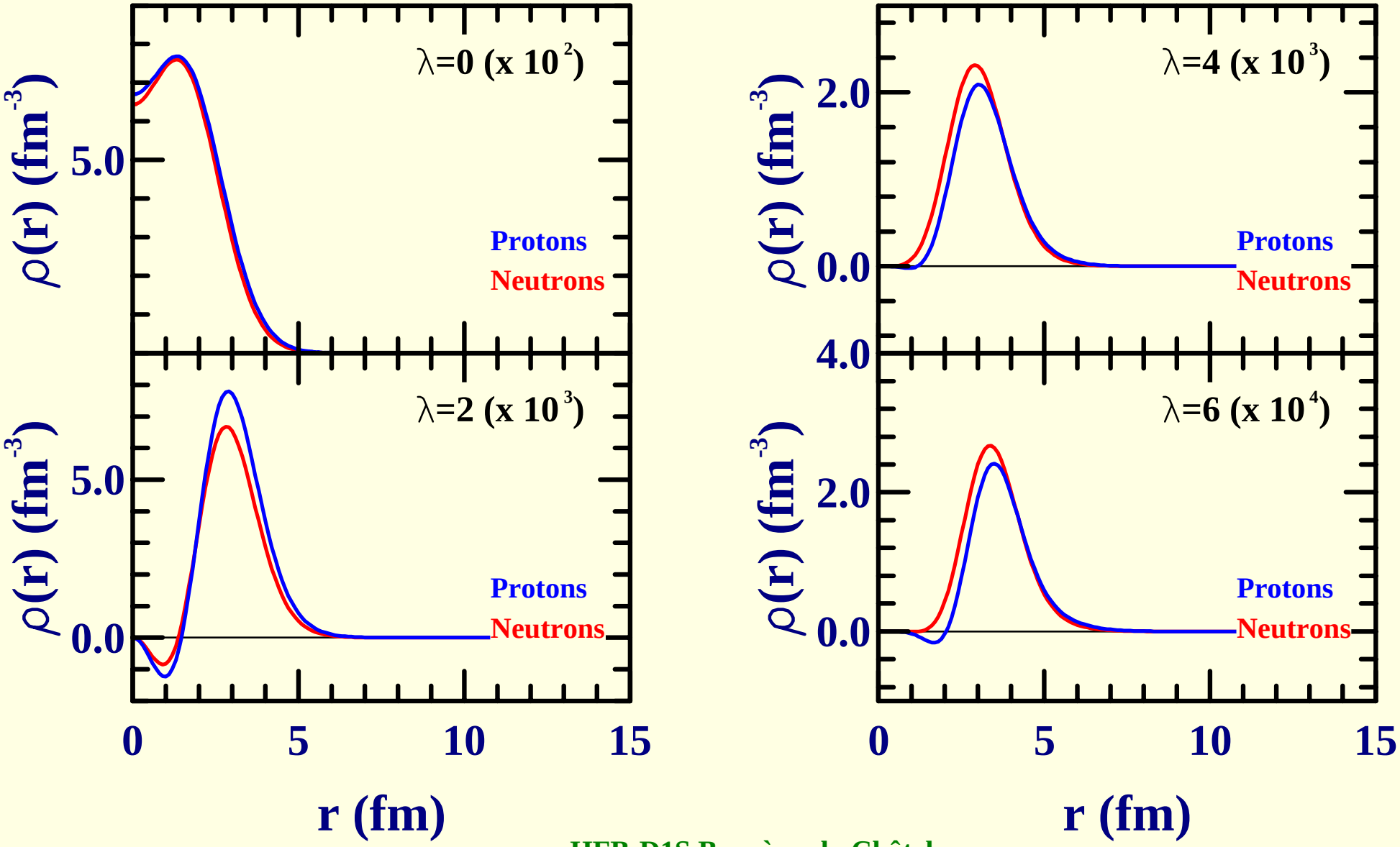
$^{19}_{10}Ne_{9}$



HFB-D1S Bruyères-le-Châtel