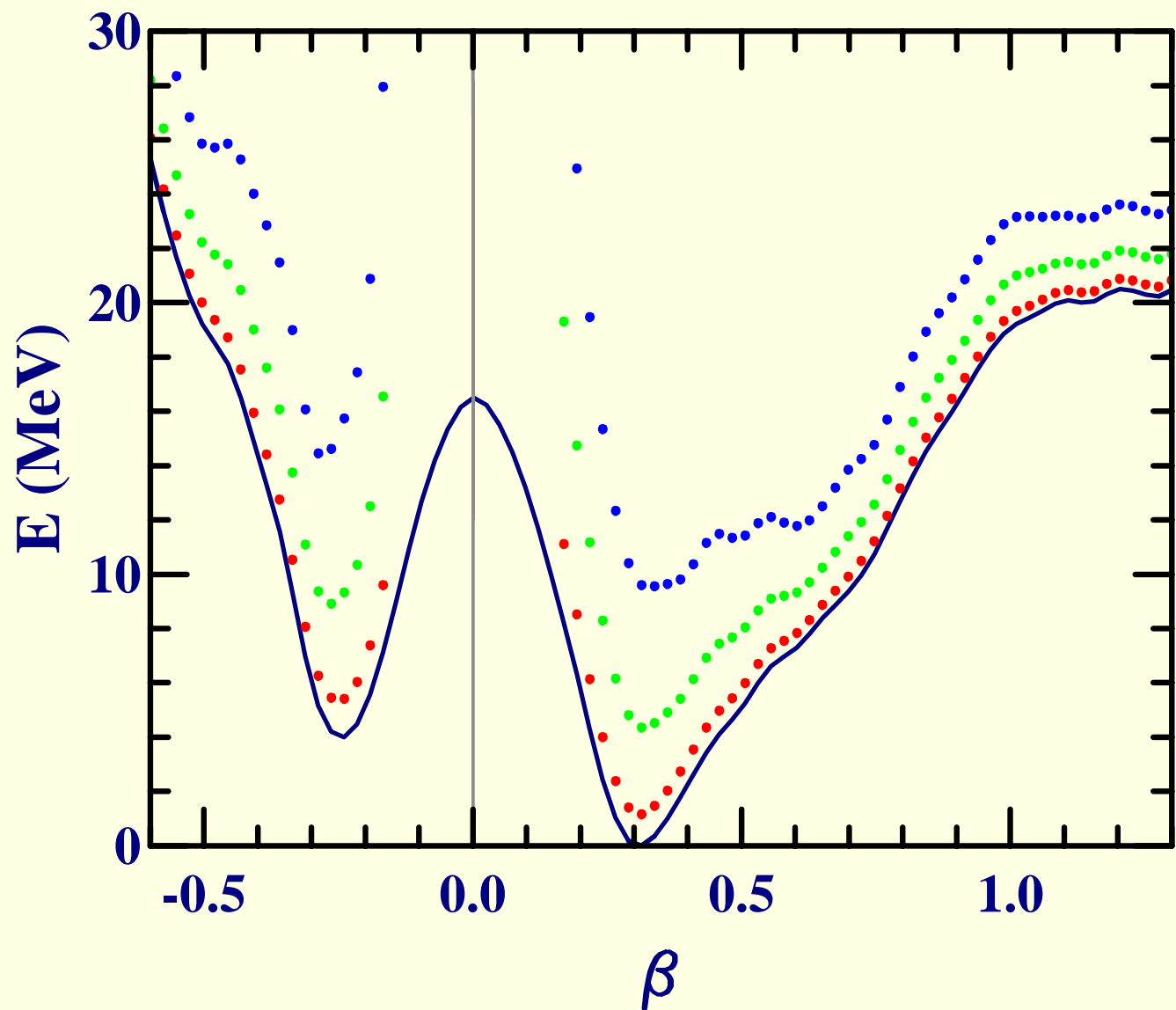


$^{176}_{67}\text{Ho}_{109}$



Binding energy

HFB=1398.060 MeV

Exp=?

