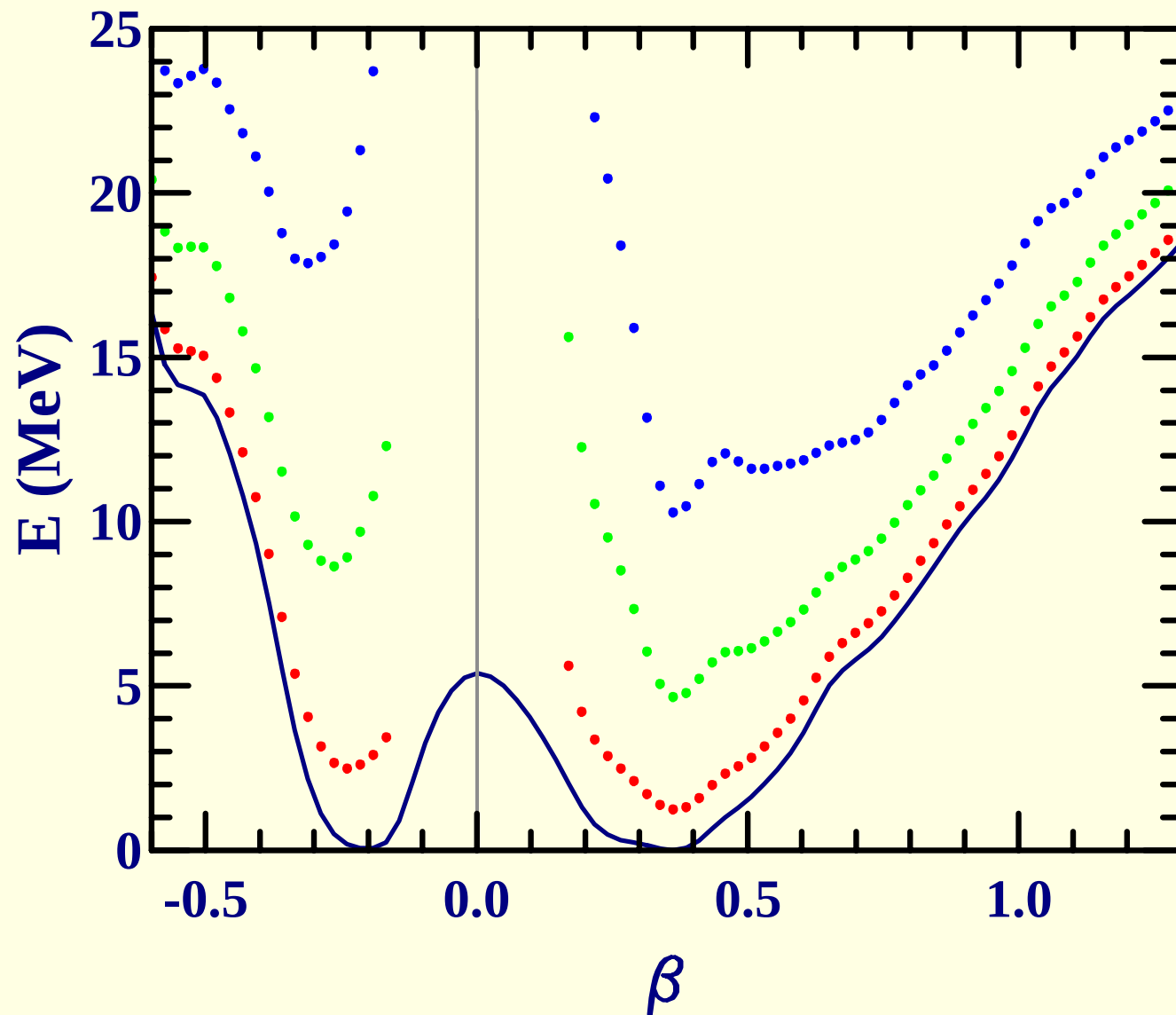


$^{142}_{67}\text{Ho}_{75}$ 

Binding energy

HFB=1128.950 MeV

Exp=1131.10 MeV(ext)

