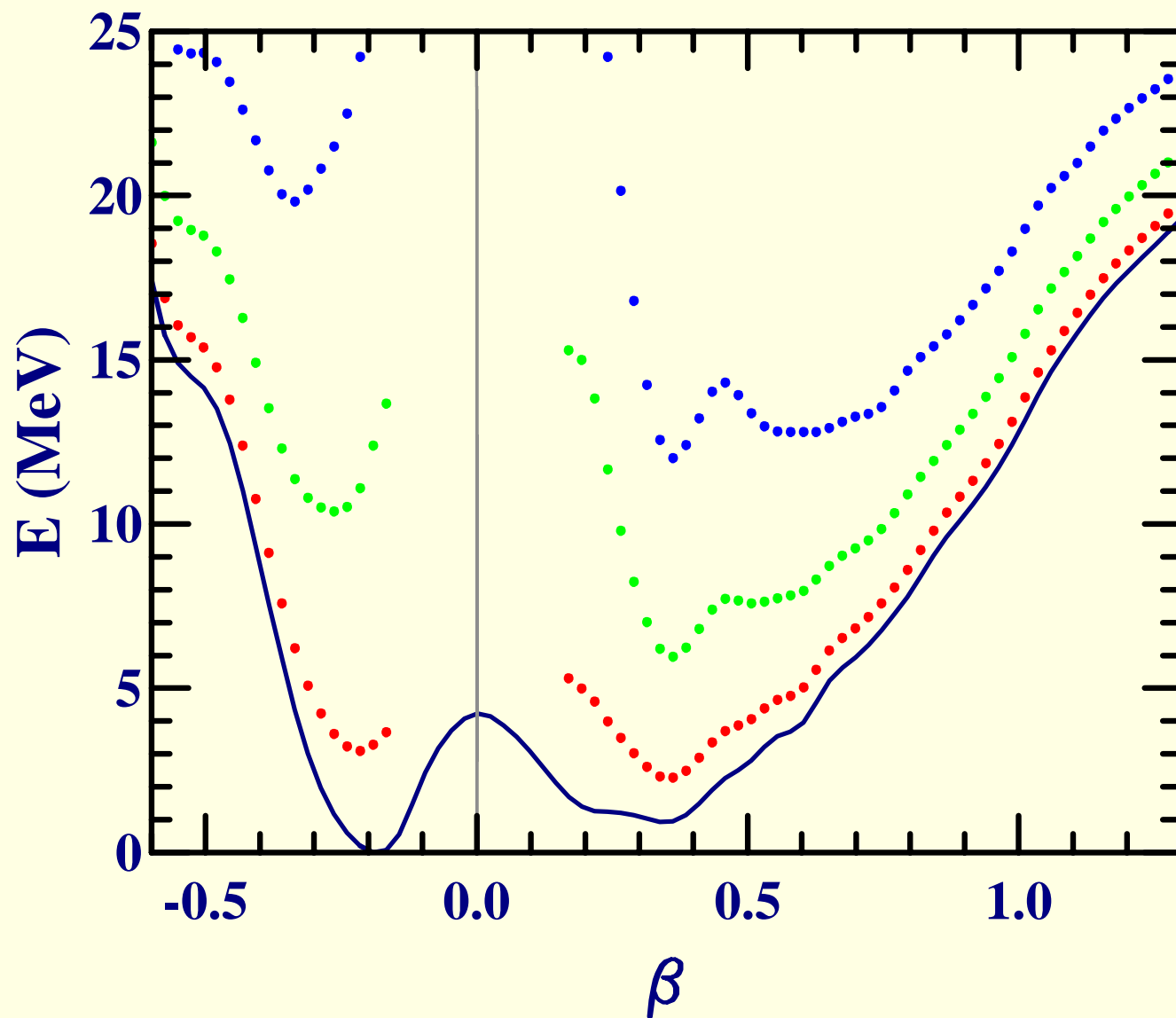


$^{143}_{67}\text{Ho}_{76}$



Energie de liaison

HFB=1142.040 MeV
Exp=1143.99 MeV(ext)

