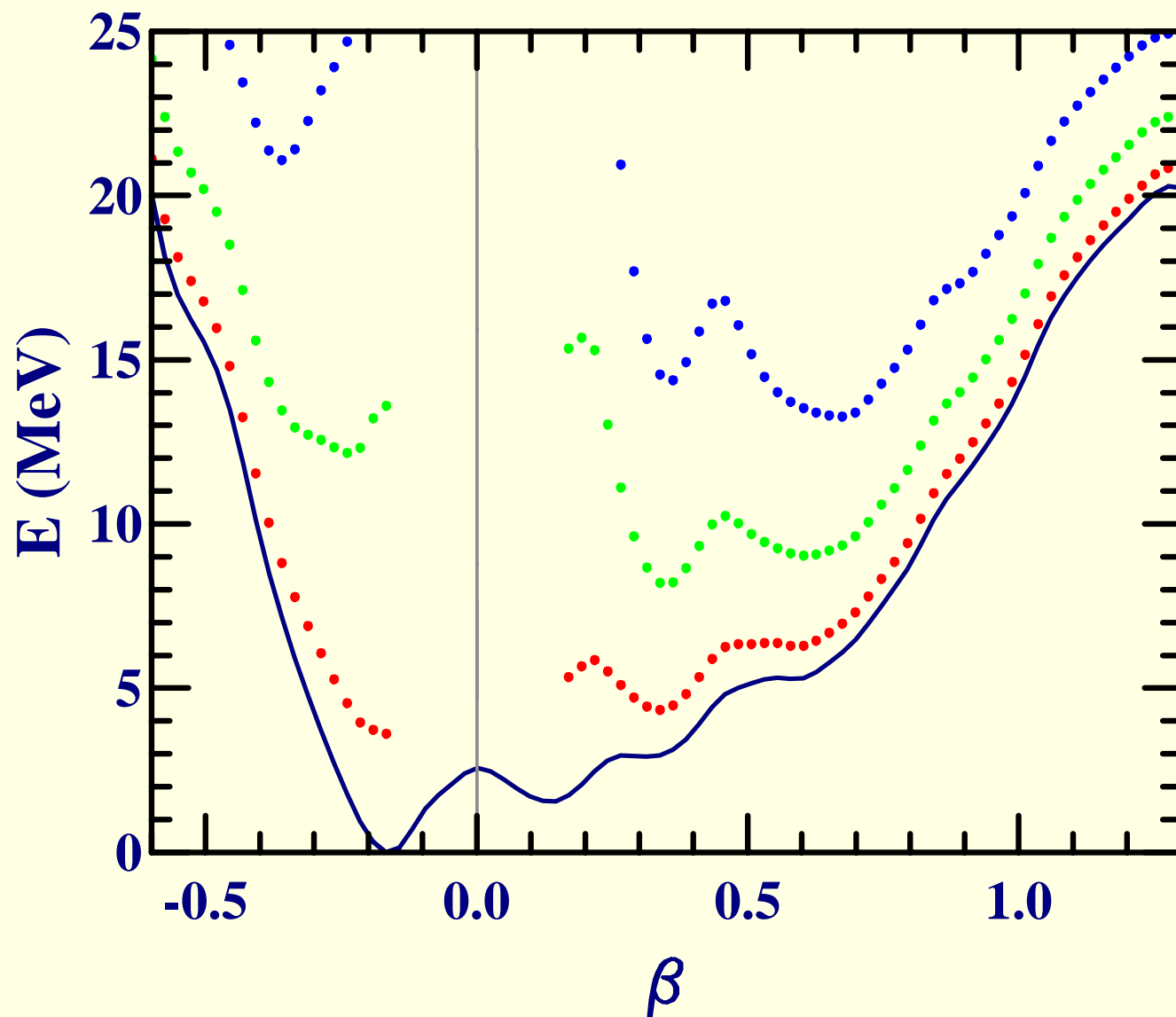


$^{145}_{67}\text{Ho}_{78}$ 

## Energie de liaison

HFB=1165.820 MeV

Exp=1167.40 MeV(ext)