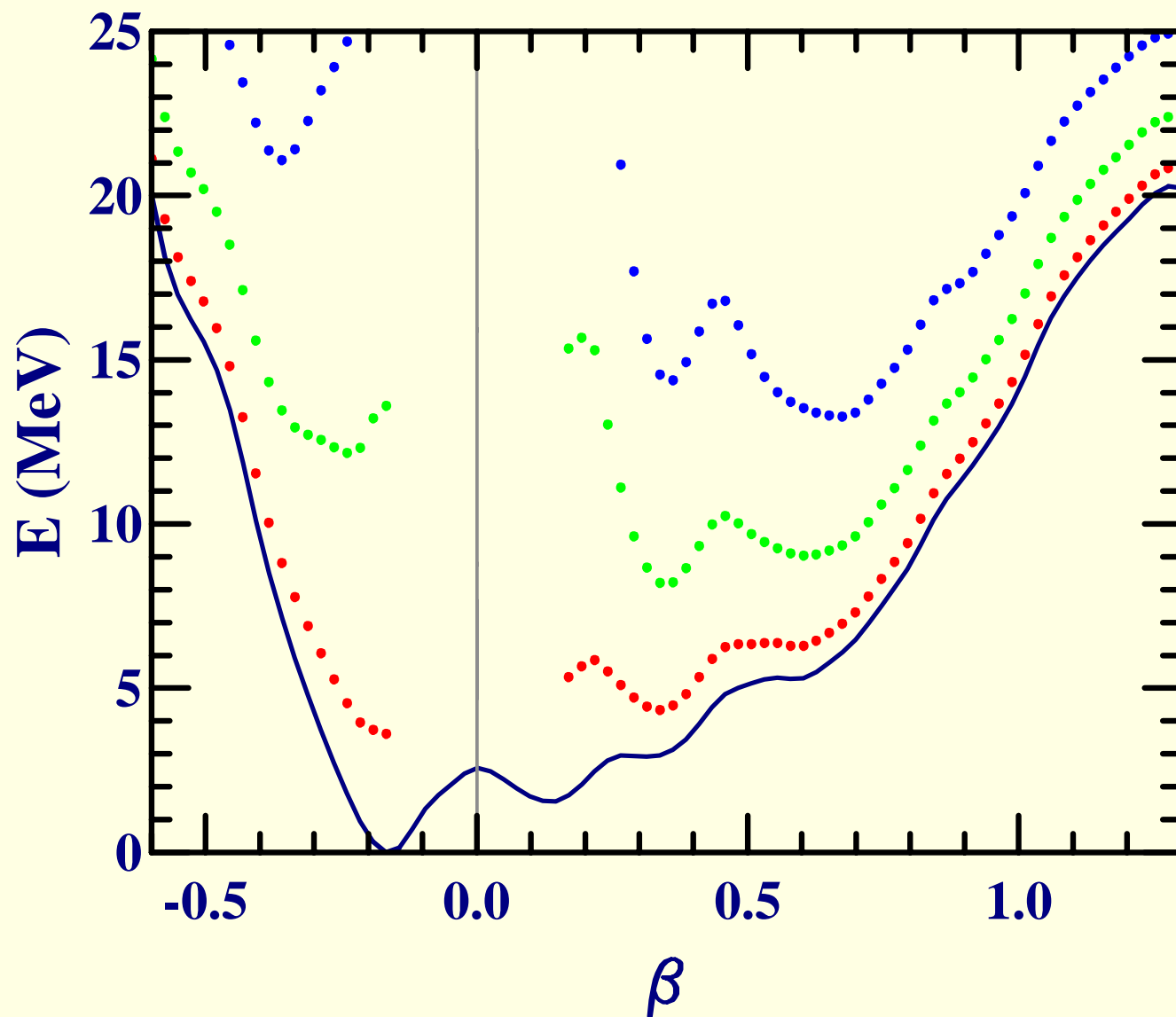


$^{145}_{67}\text{Ho}_{78}$ 

Binding energy

HFB=1165.820 MeV

Exp=1167.40 MeV(ext)

