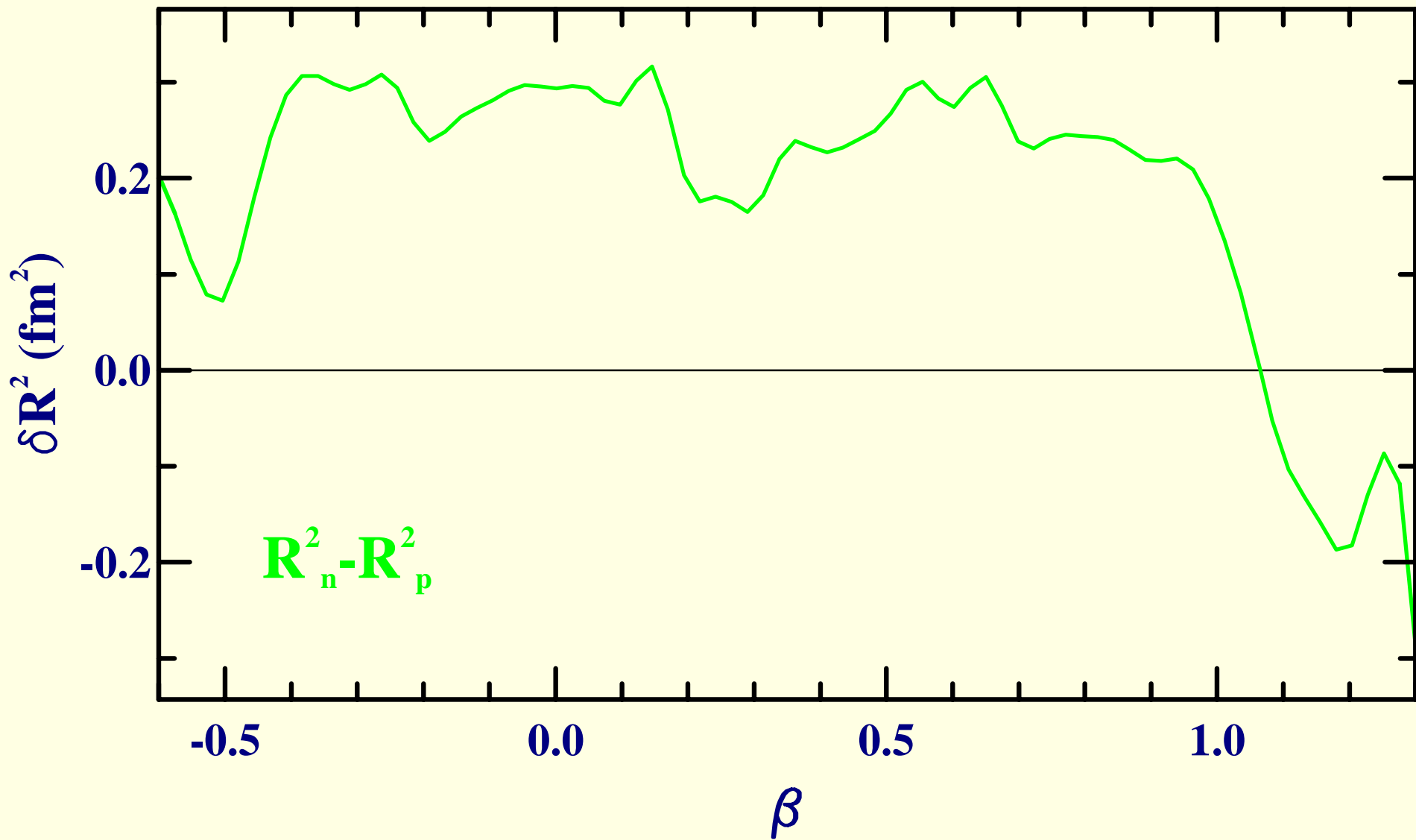


$^{157}_{69}\text{Tm}_{88}$



$R_n^2 - R_p^2$