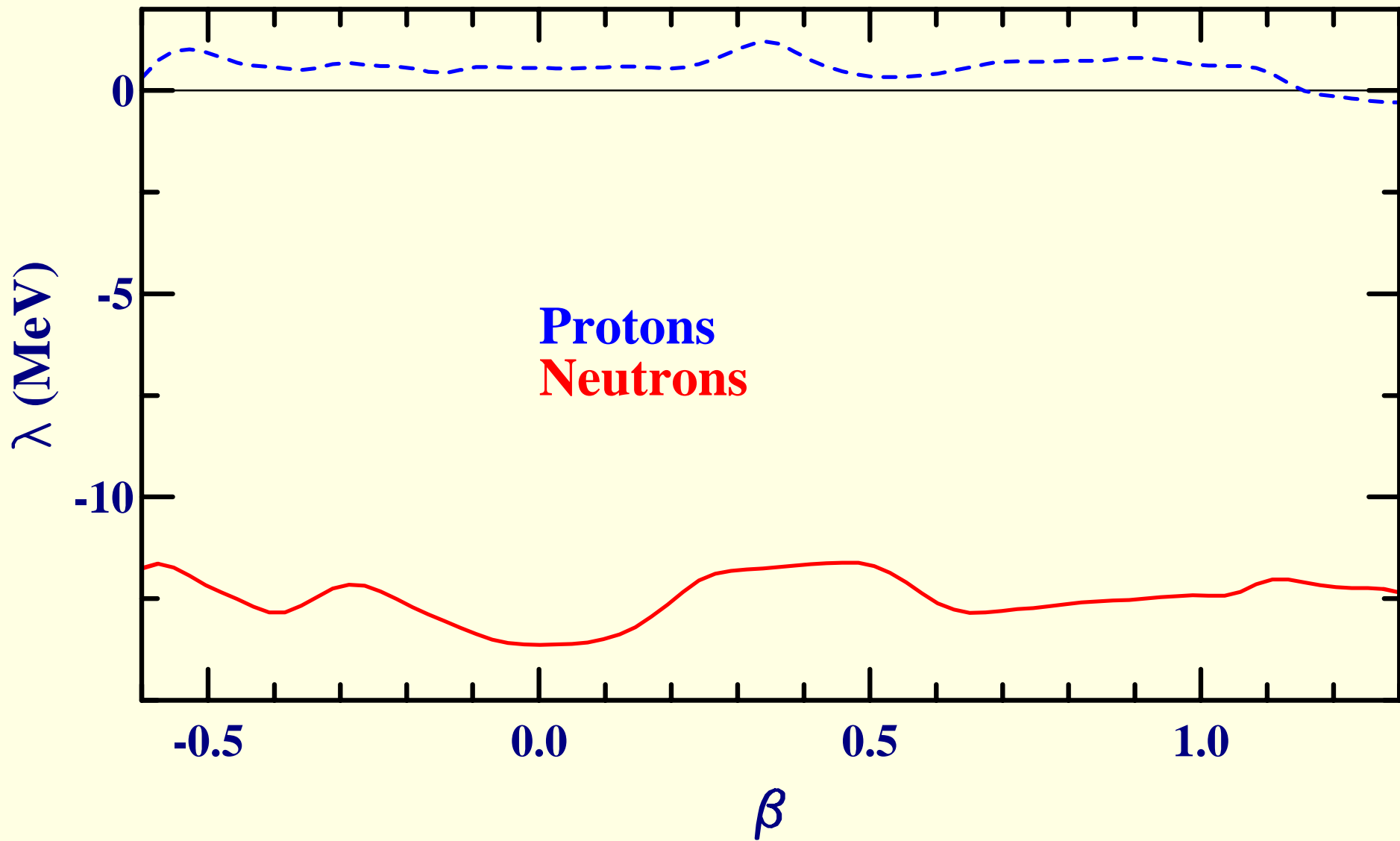


$^{145}_{69}\text{Tm}_{76}$



Protons
Neutrons