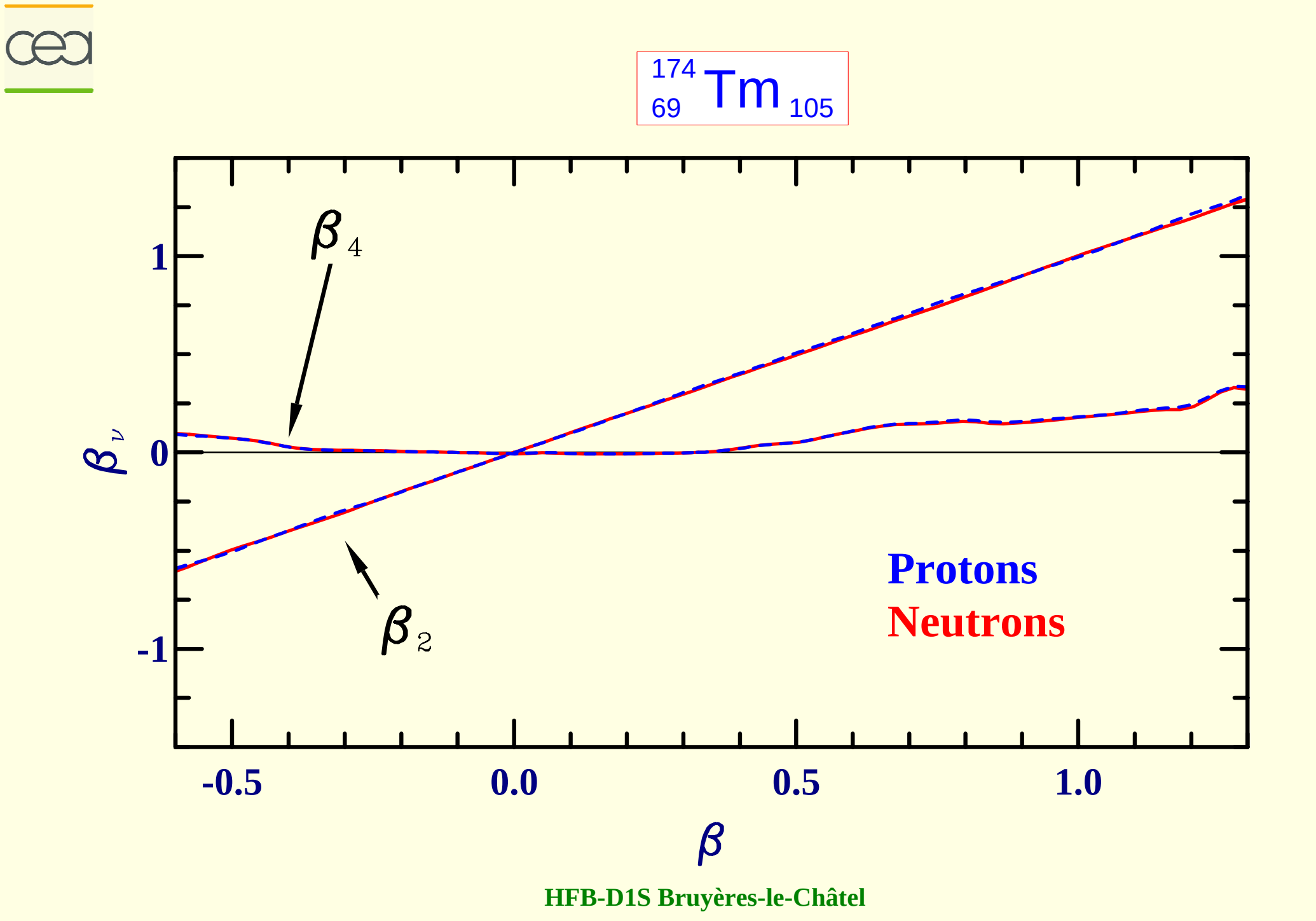
$^{174}_{69}Tm_{105}$
β_4
β_2
β_ν
β
1
0
-1
-0.5
0.0
0.5
1.0
Protons
Neutrons
HFB-D1S Bruyères-le-Châtel