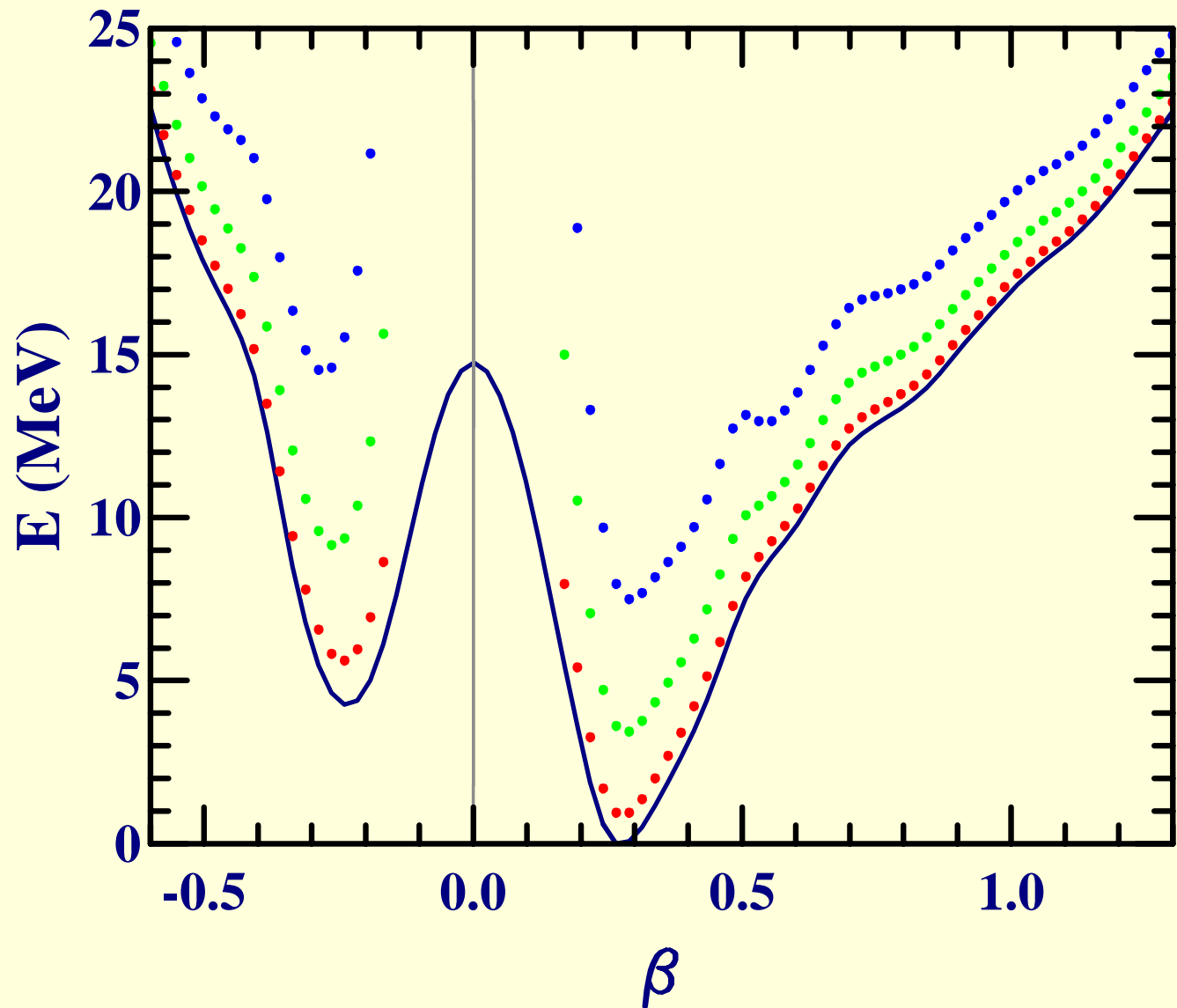


$^{230}_{72}\text{Hf}_{158}$



### Energie de liaison

HFB=1569.290 MeV  
Exp=?

