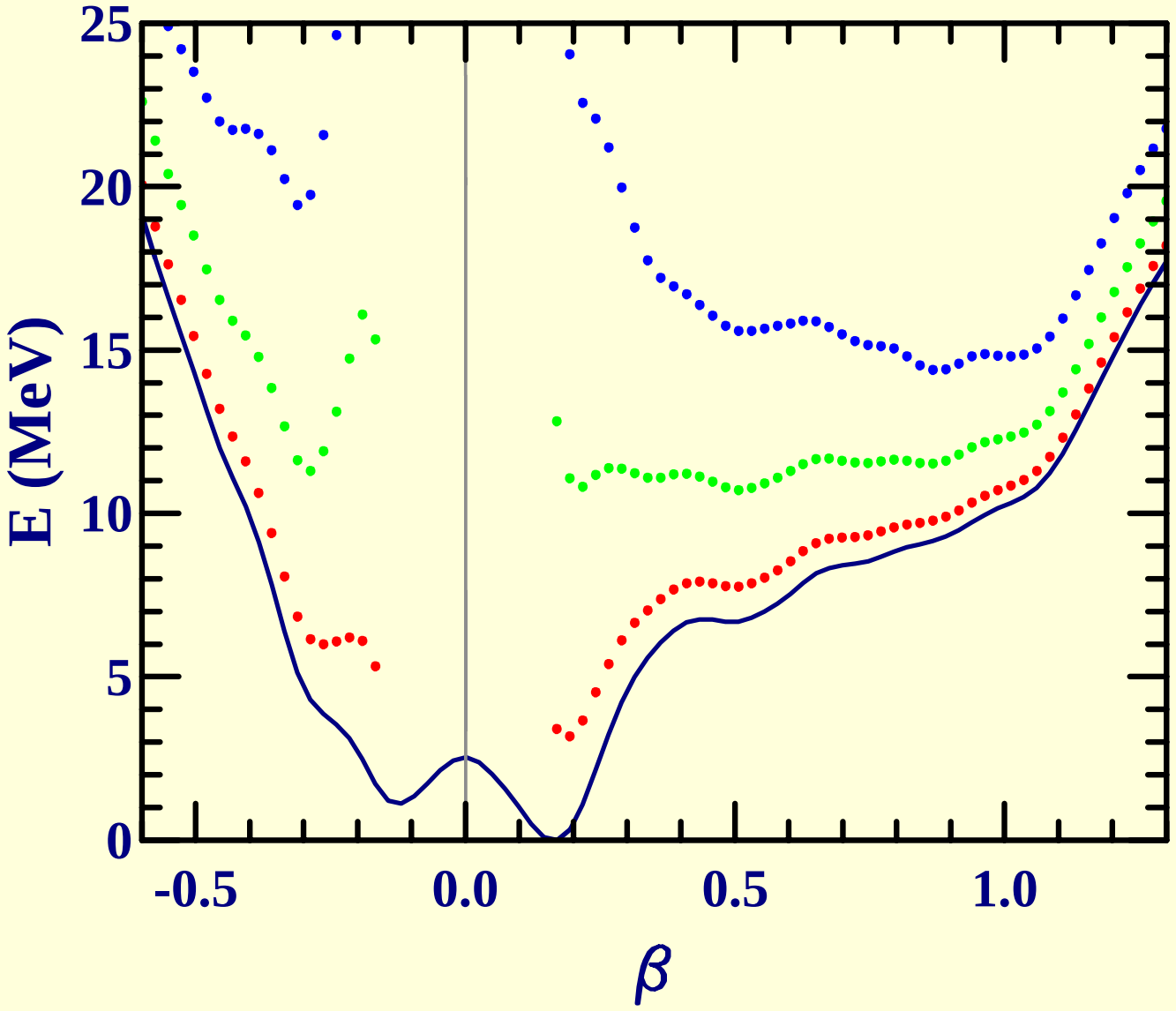
$^{162}_{74}W_{88}$



Binding energy

HFB=1281.850 MeV

Exp=1283.81 MeV

E

I=8

I=16

I=24

HFB-D1S Bruyères-le-Châtel