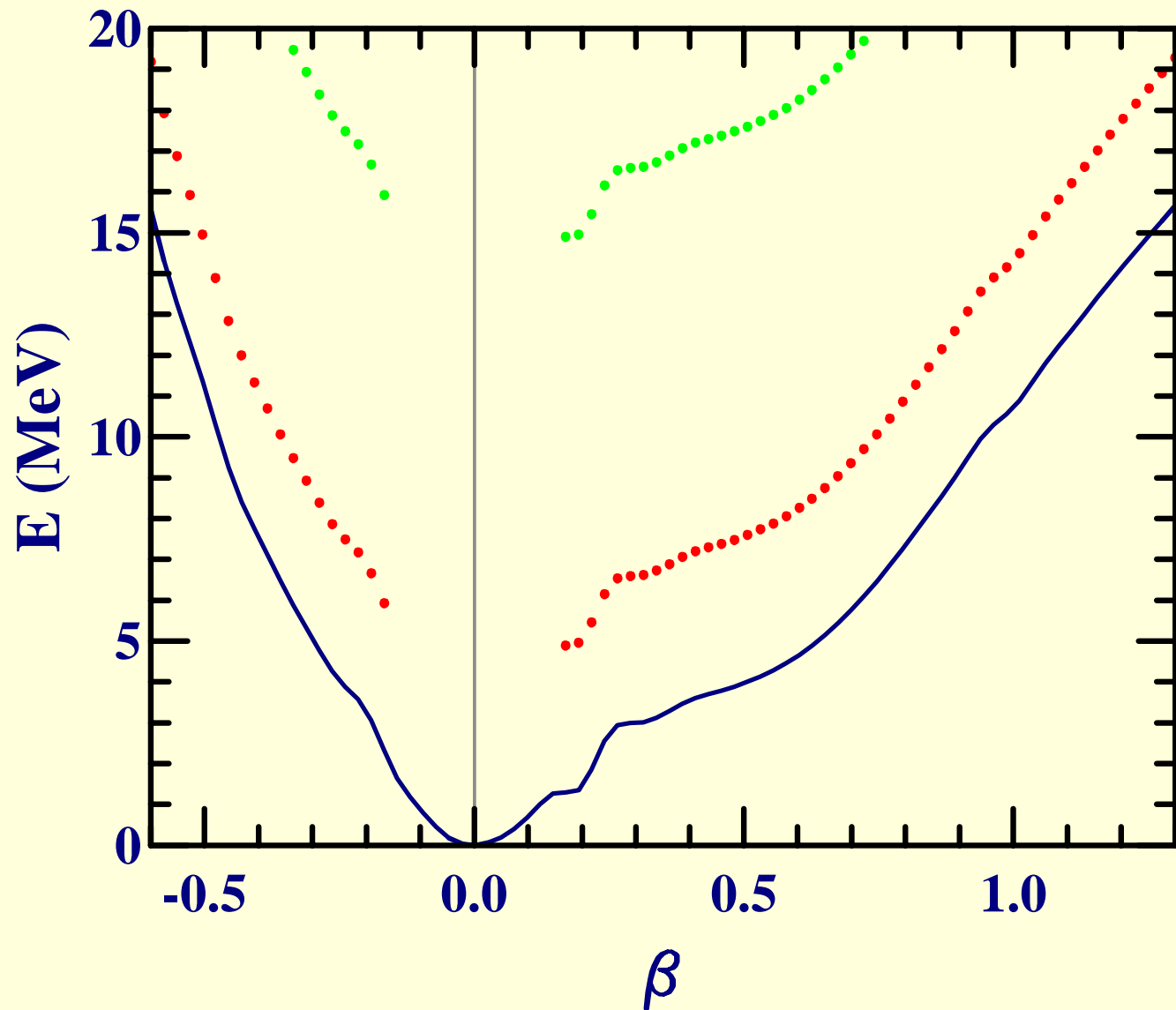


${}^{30}_{10}\text{Ne}_{20}$ 

Binding energy

HFB=209.920 MeV

Exp=212.08 MeV

