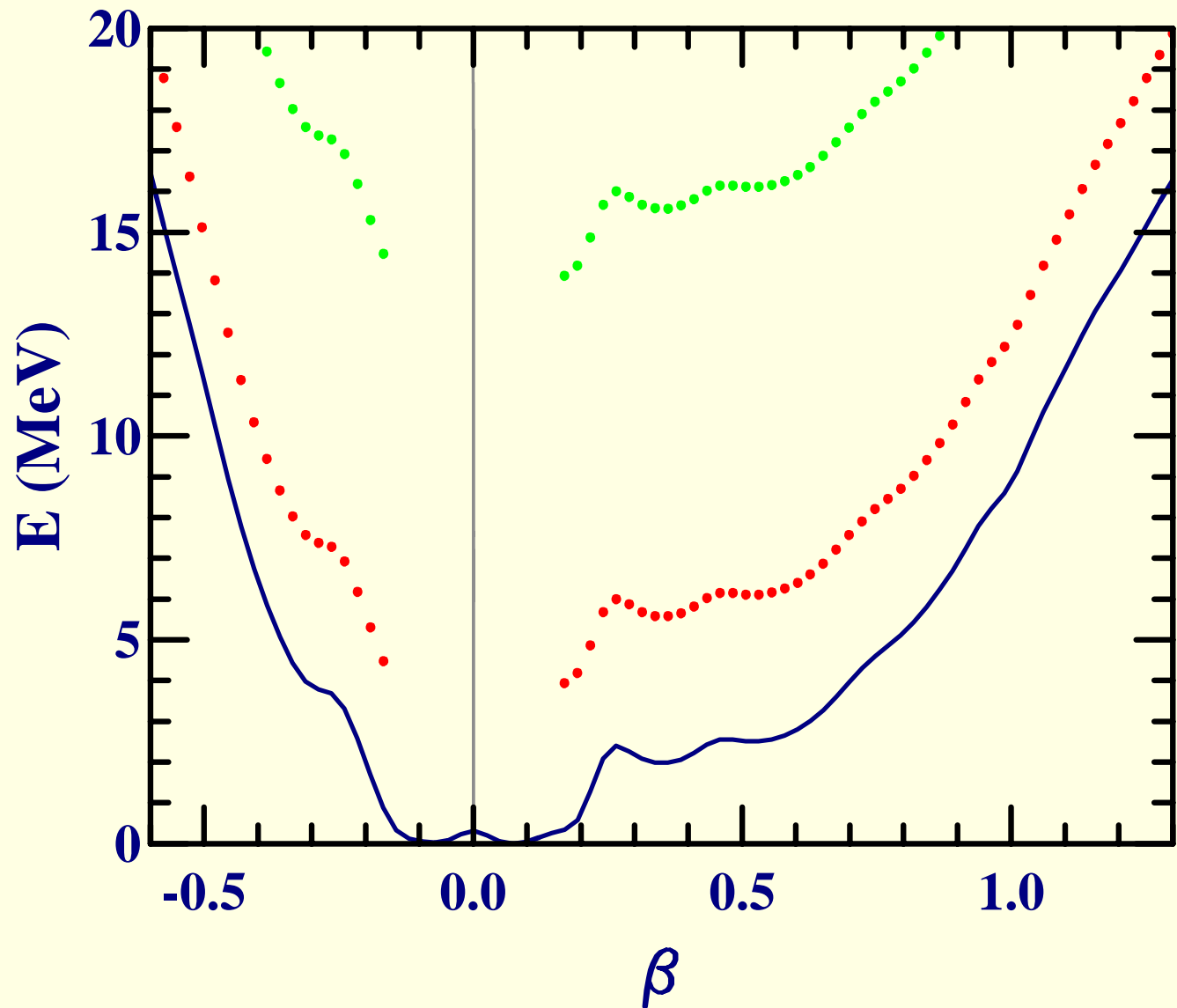


$^{30}_{11}\text{Na}_{19}$



Binding energy

HFB=224.006 MeV

Exp=224.94 MeV

