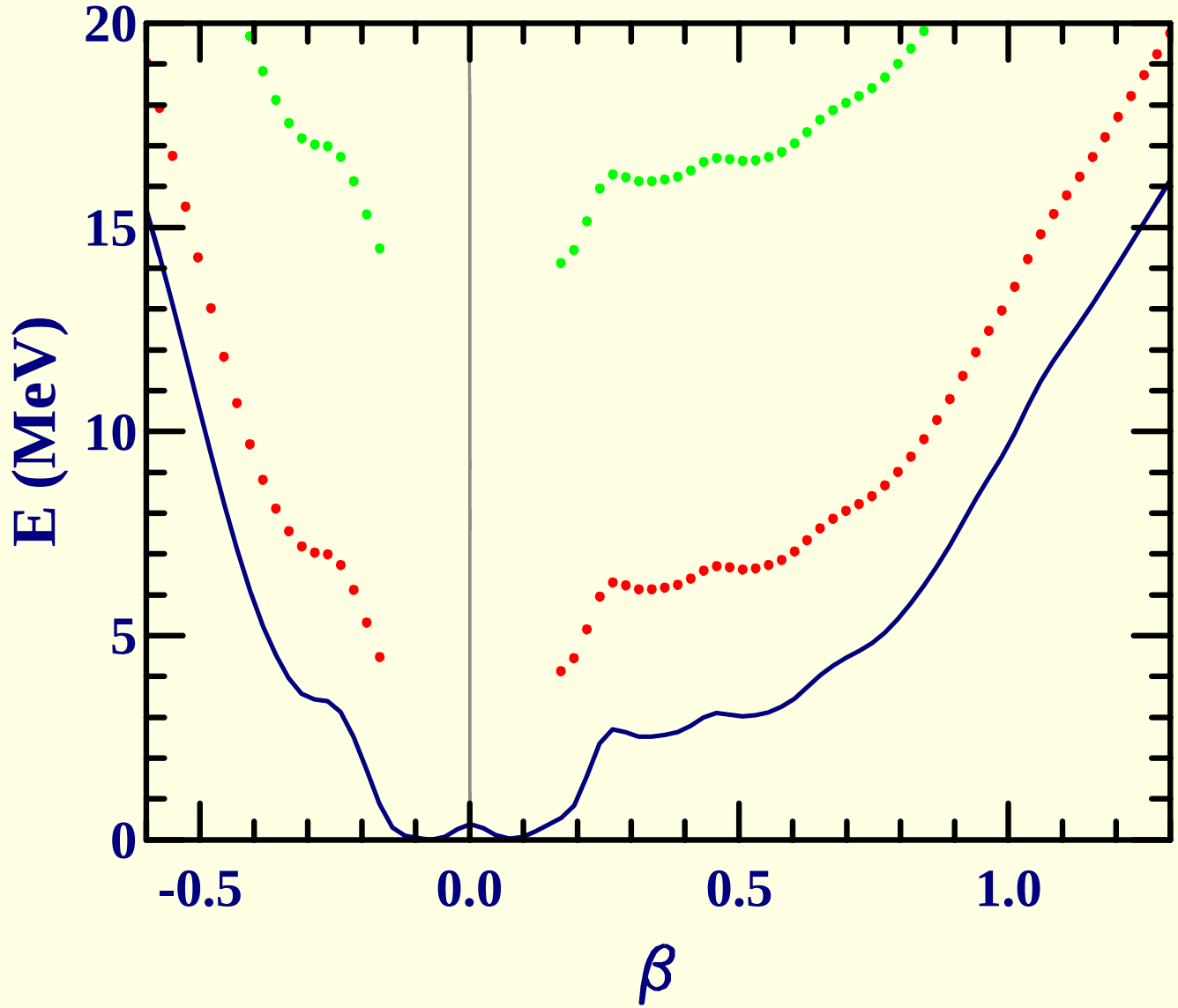
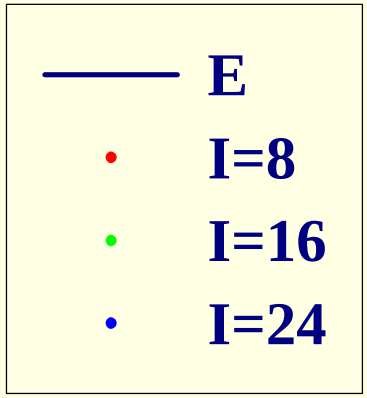
$^{31}_{12}Mg_{19}$



Binding energy

HFB=242.774 MeV

Exp=244.04 MeV