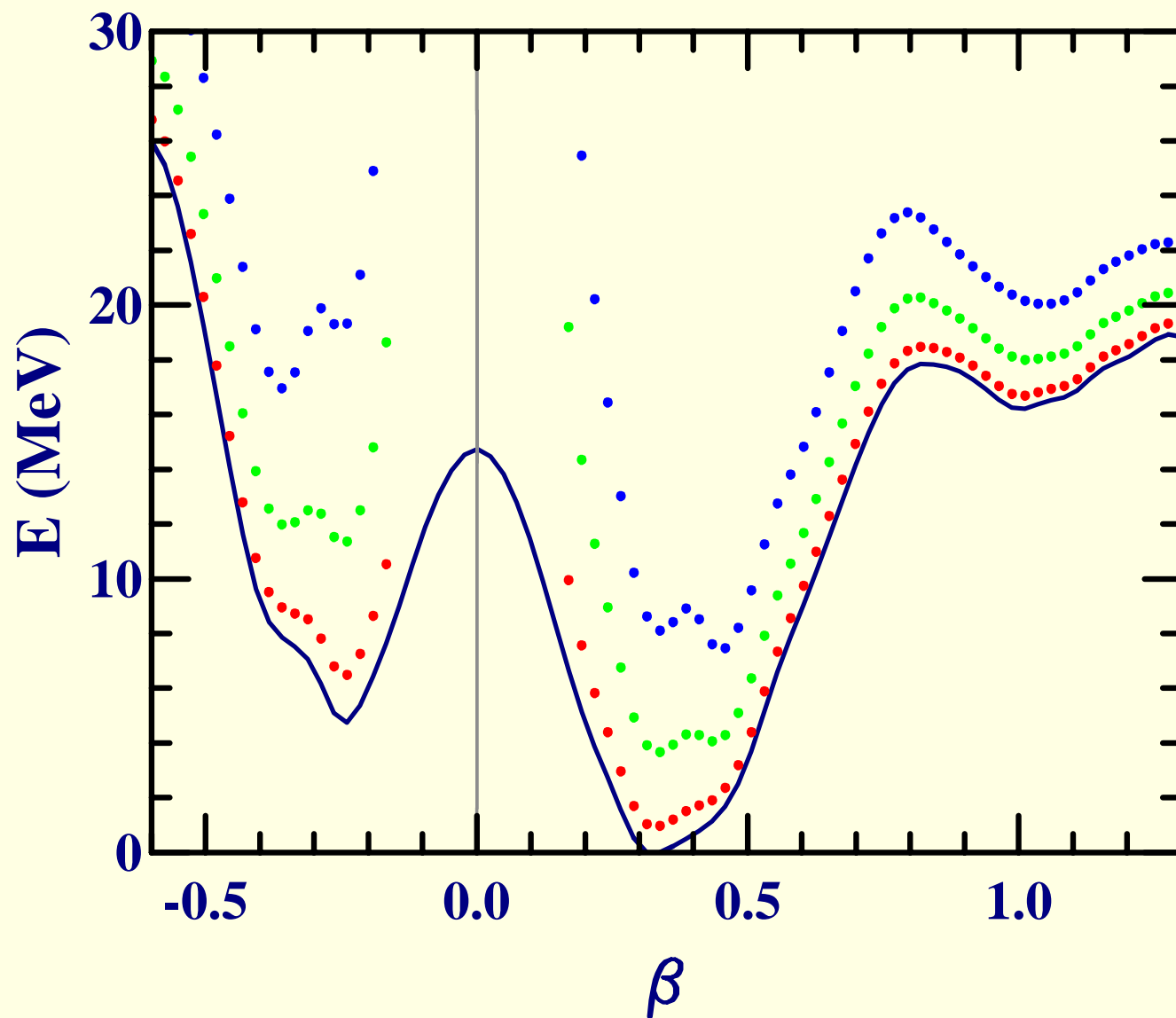


$^{160}_{57}\text{La}_{103}$



Energie de liaison

HFB=1249.890 MeV

Exp=?

