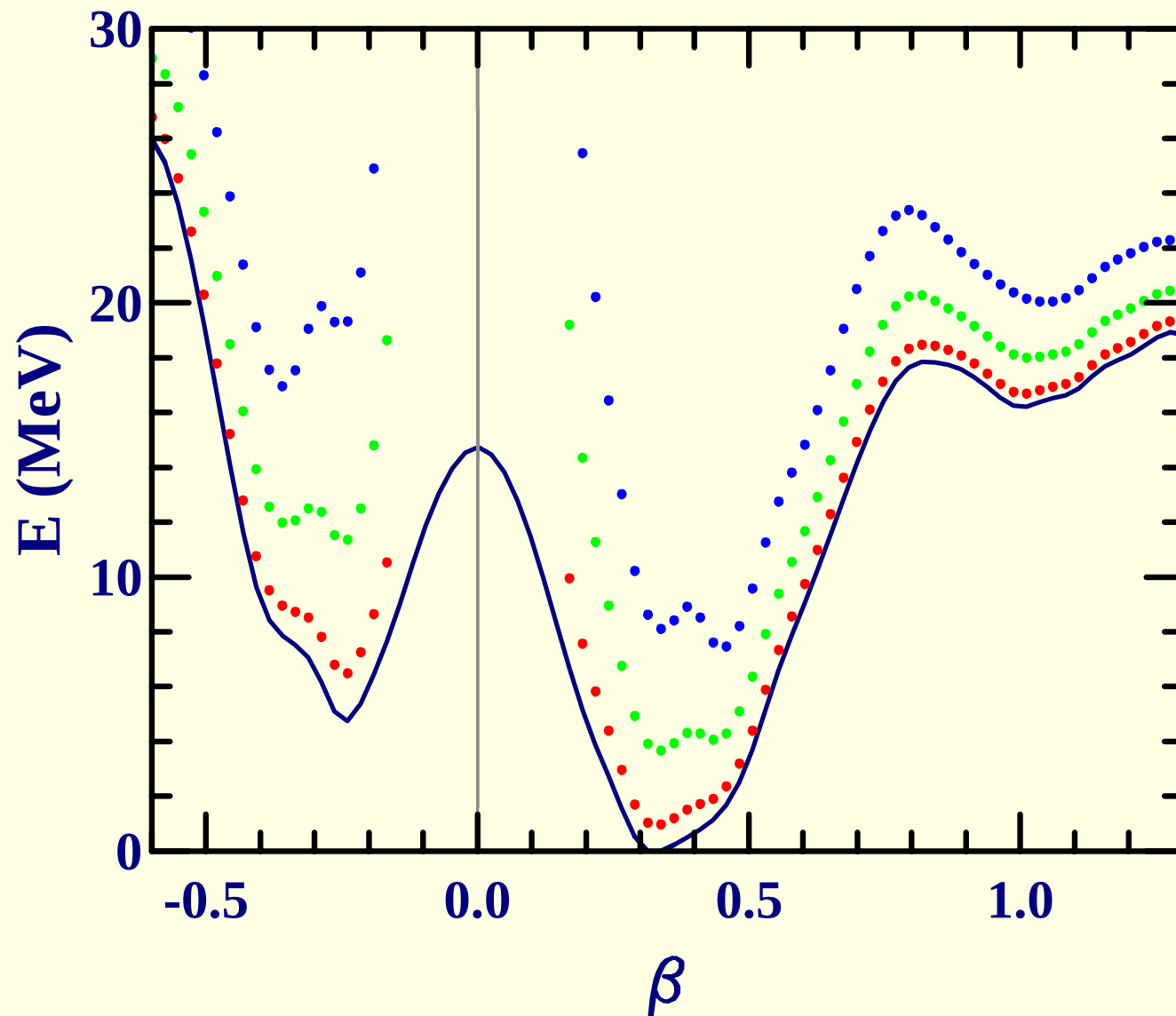


$^{160}_{57}\text{La}_{103}$ 

Binding energy

HFB=1249.890 MeV

Exp=?

