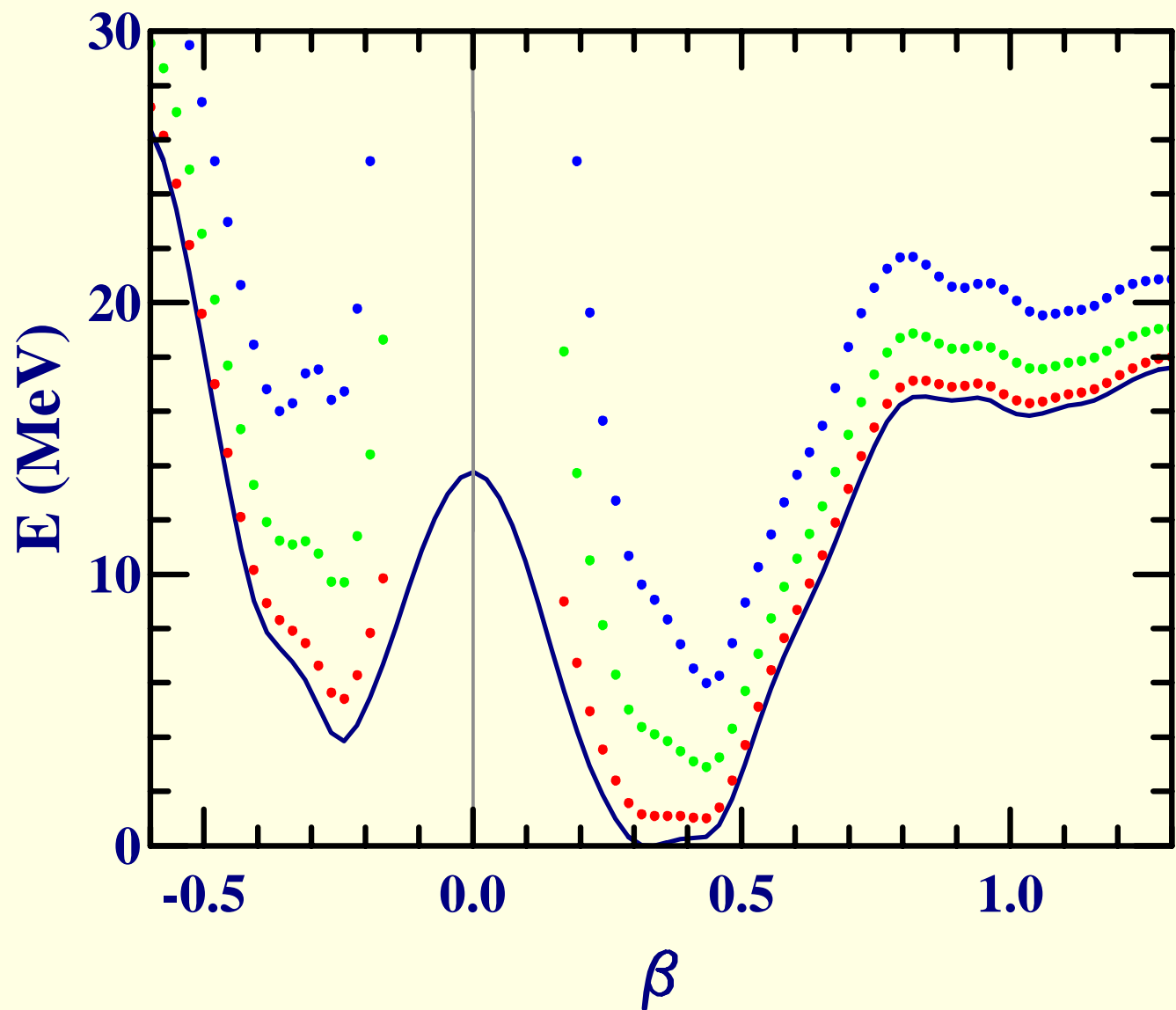


$^{162}_{57}\text{La}_{105}$



Binding energy

HFB=1254.220 MeV

Exp=?

