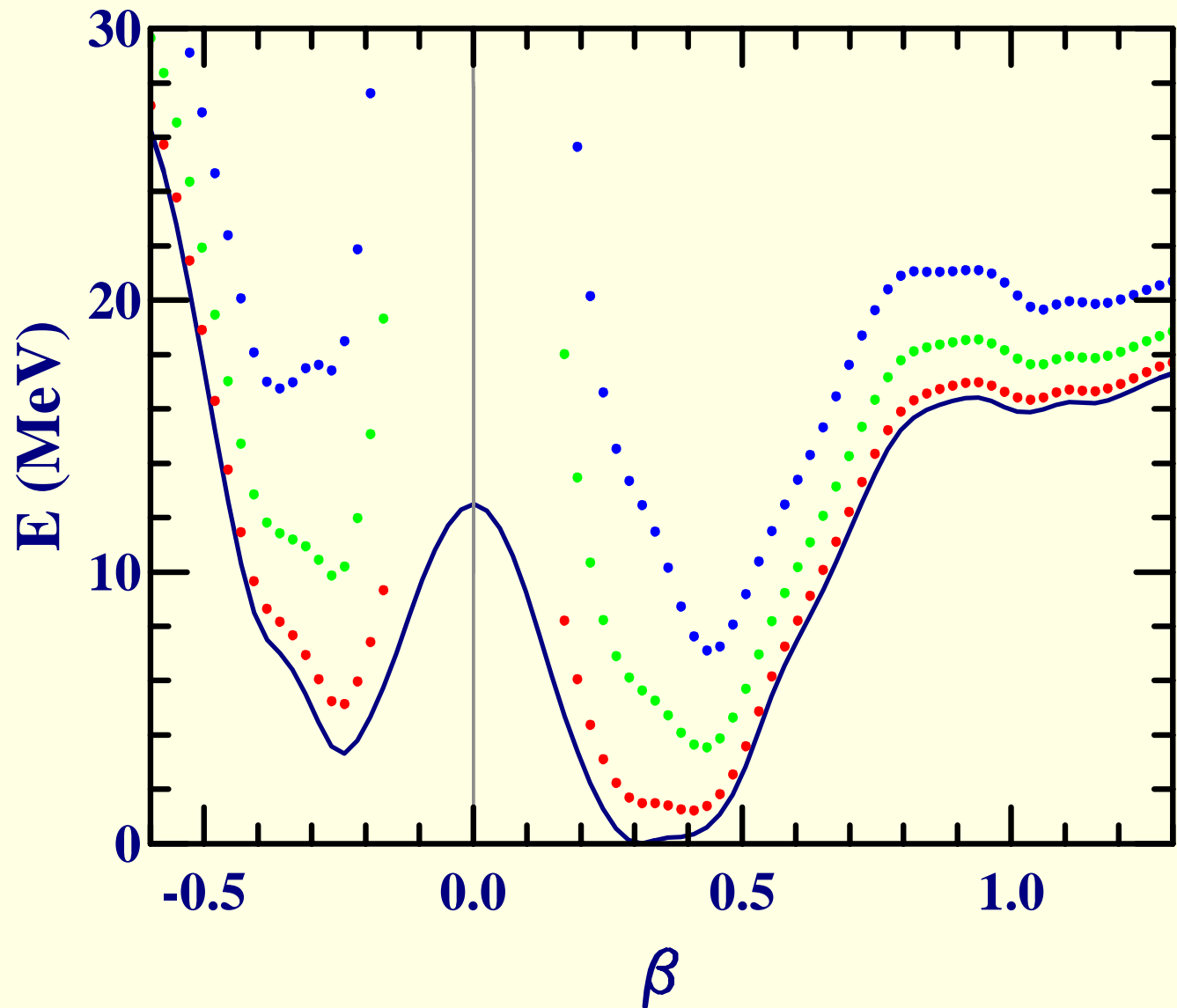


$^{163}_{57}\text{La}_{106}$



Binding energy

HFB=1257.060 MeV

Exp=?

