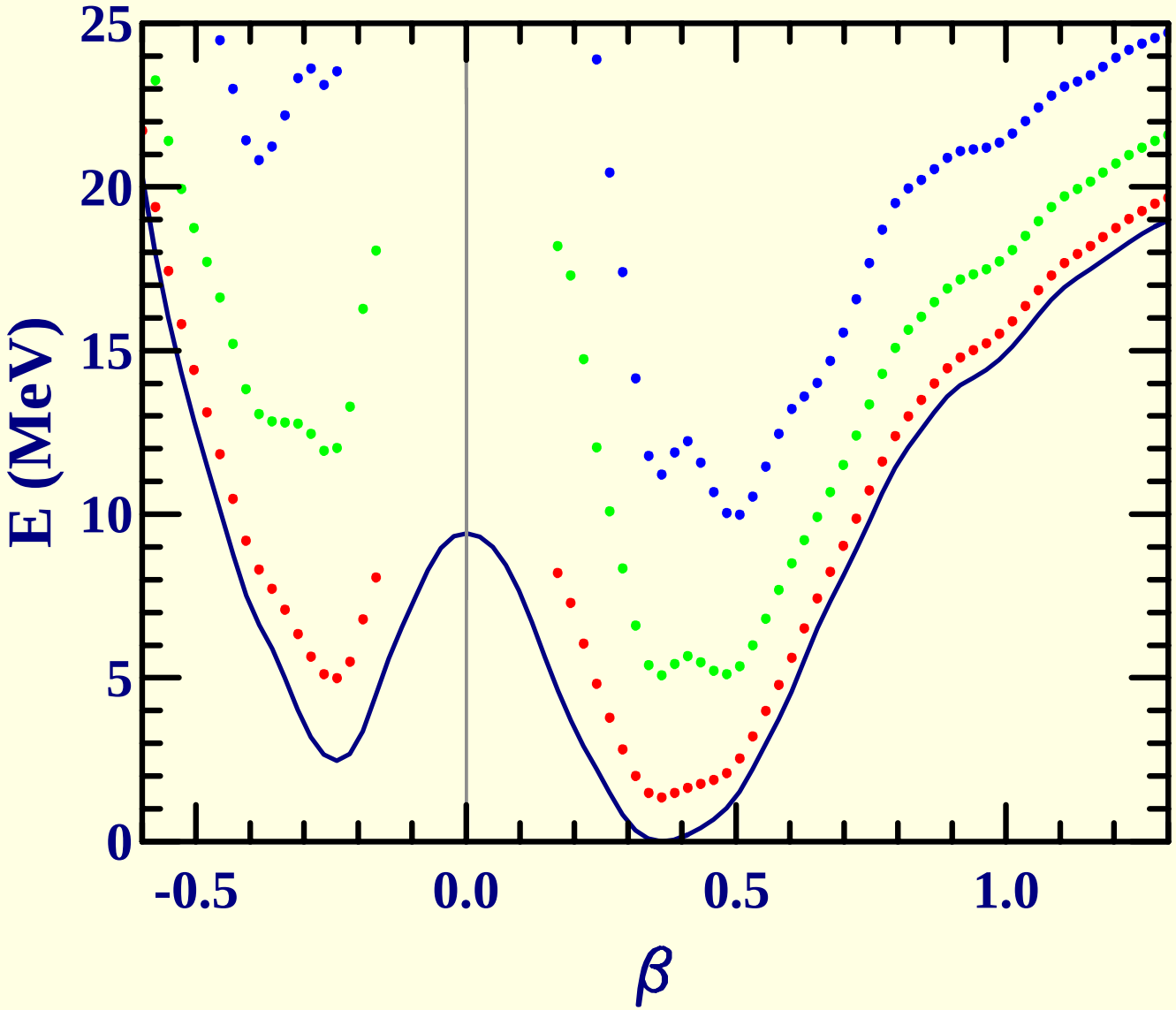
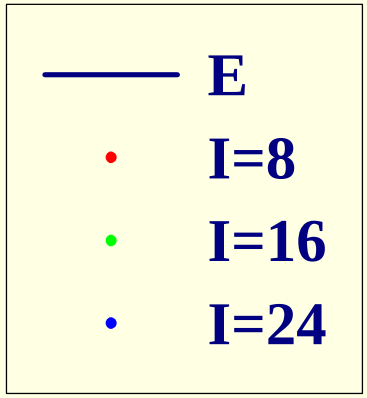
$^{124}_{57}La_{67}$



Binding energy

HFB=1024.230 MeV

Exp=1026.55 MeV(ext)