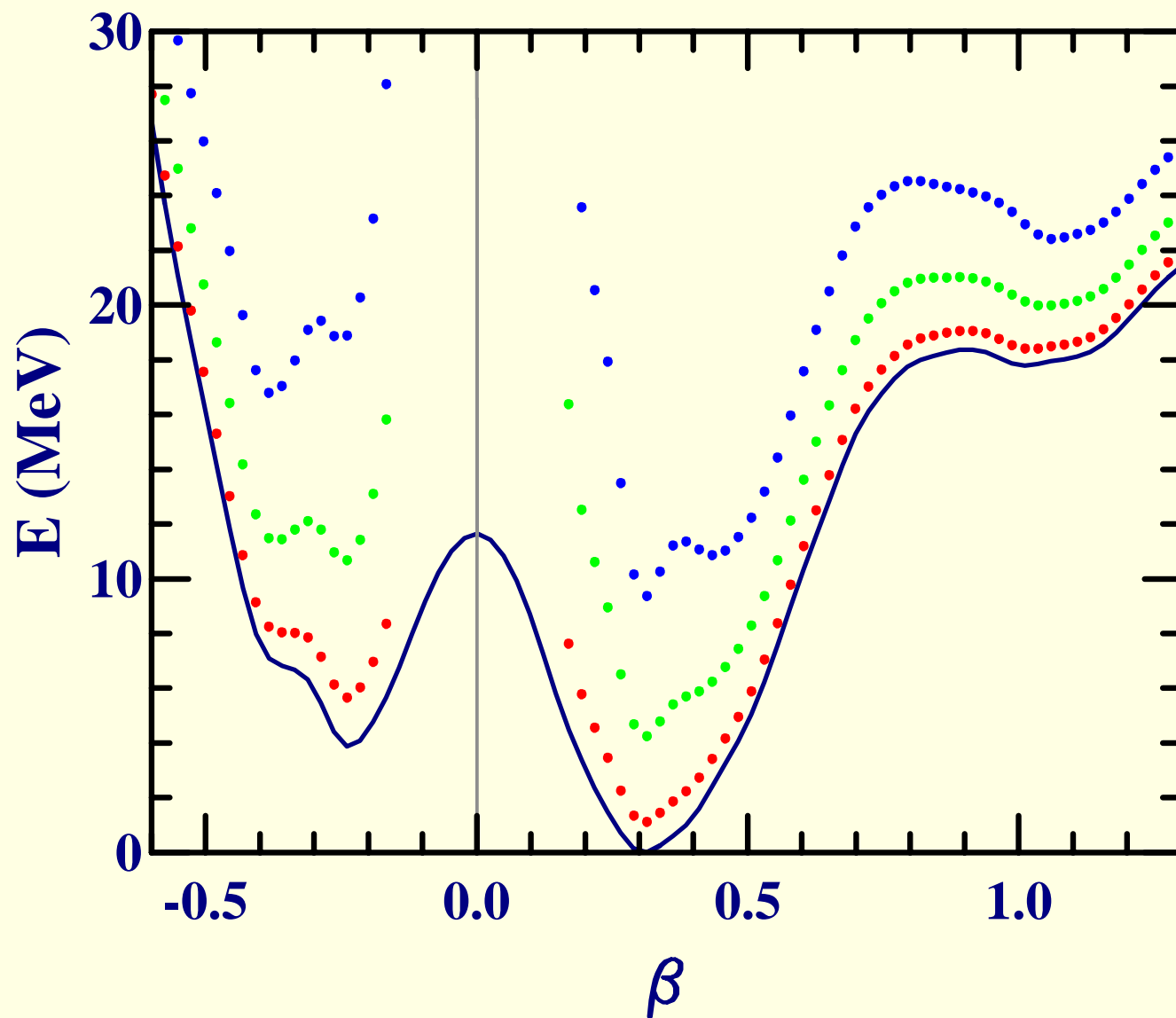


$^{153}_{57}\text{La}_{96}$



Binding energy

HFB=1228.210 MeV
Exp=1237.40 MeV(ext)

