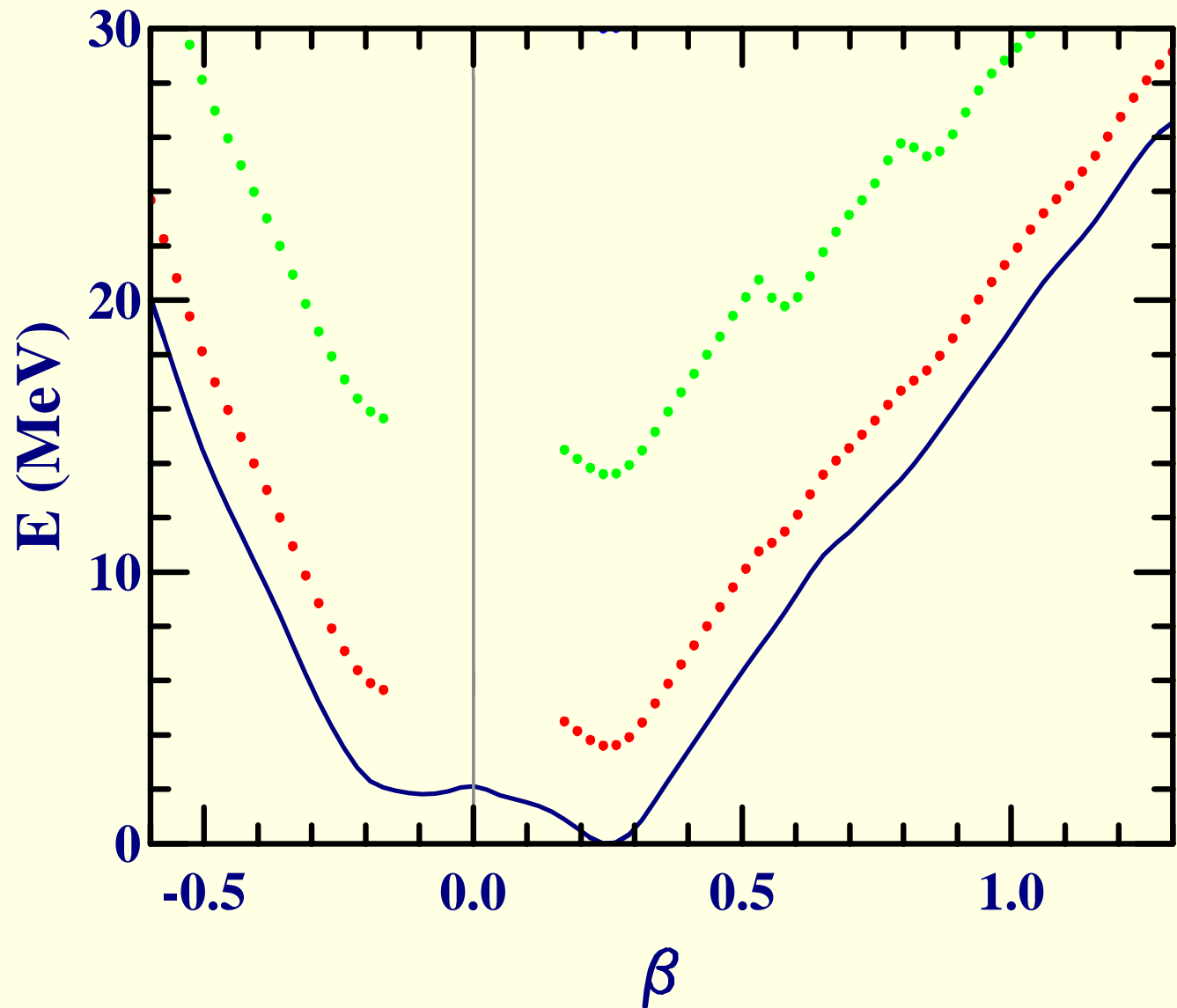


$^{56}_{25}\text{Mn}_{31}$



Binding energy

HFB=487.369 MeV

Exp=489.34 MeV

