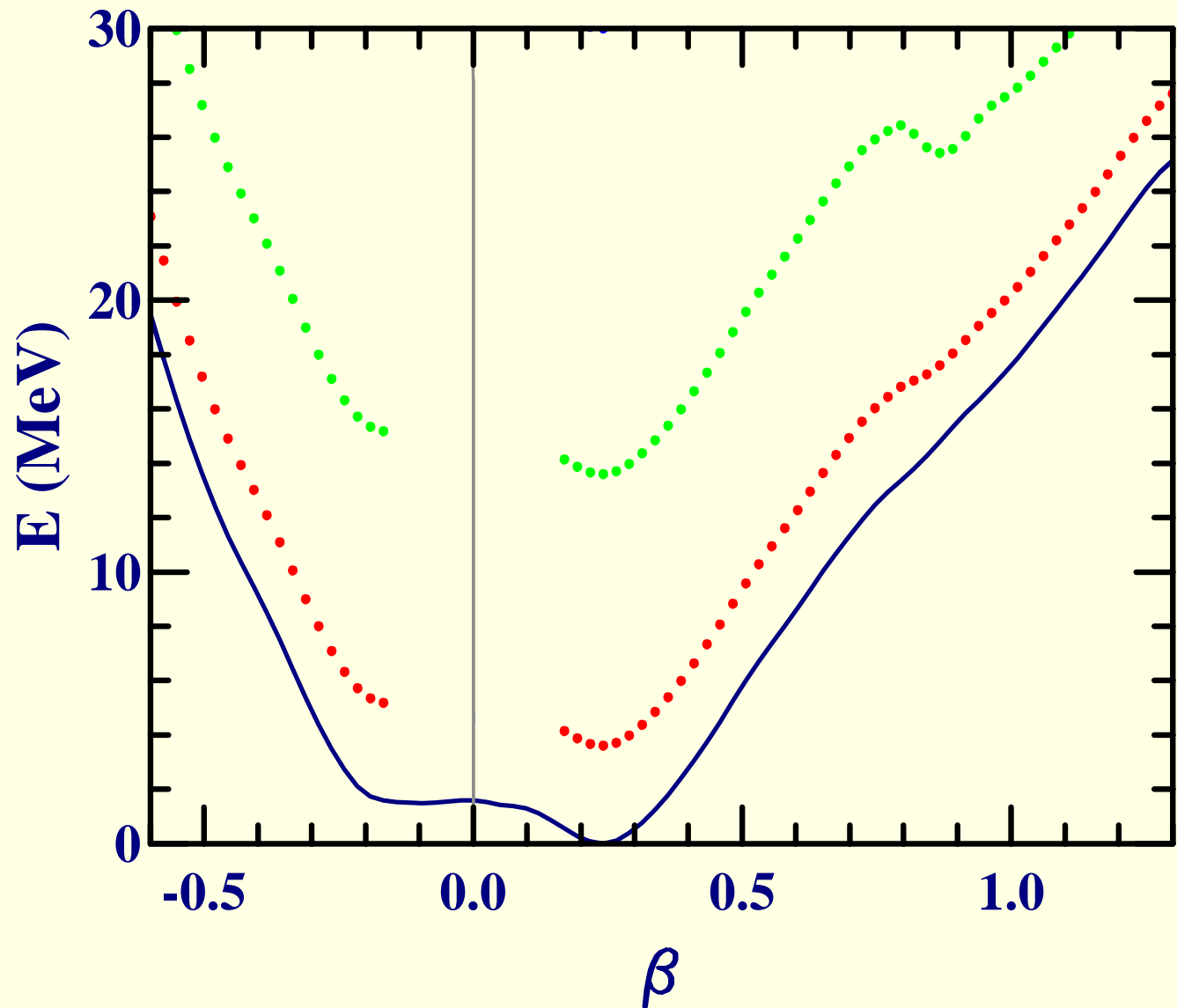




$^{57}_{25}\text{Mn}_{32}$



### Binding energy

HFB=495.658 MeV

Exp=497.99 MeV

