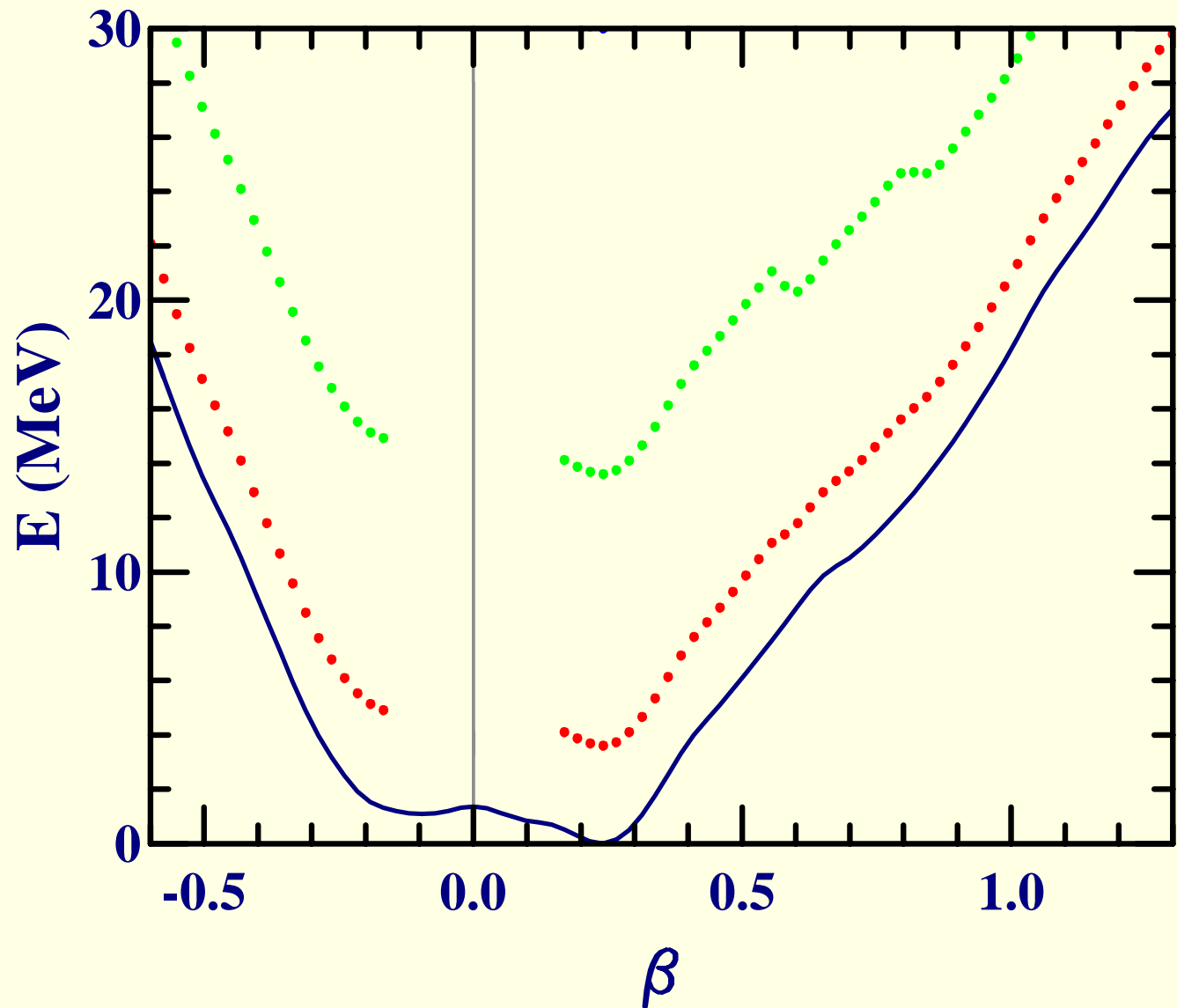


$^{57}_{26}\text{Fe}_{31}$



Binding energy

HFB=497.081 MeV

Exp=499.90 MeV

