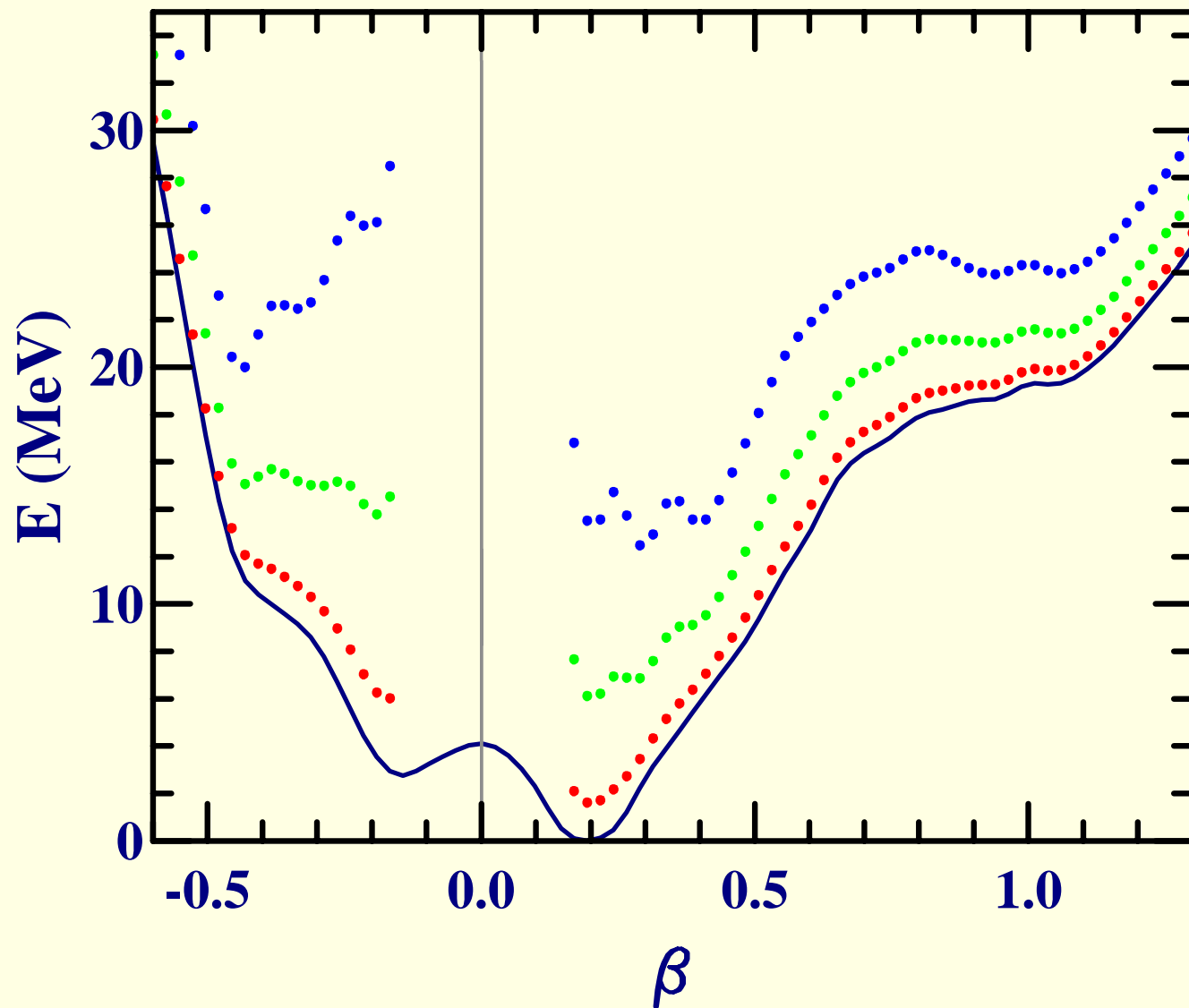


$^{145}_{56}\text{Ba}_{89}$



Binding energy

HFB=1187.440 MeV

Exp=1194.60 MeV

