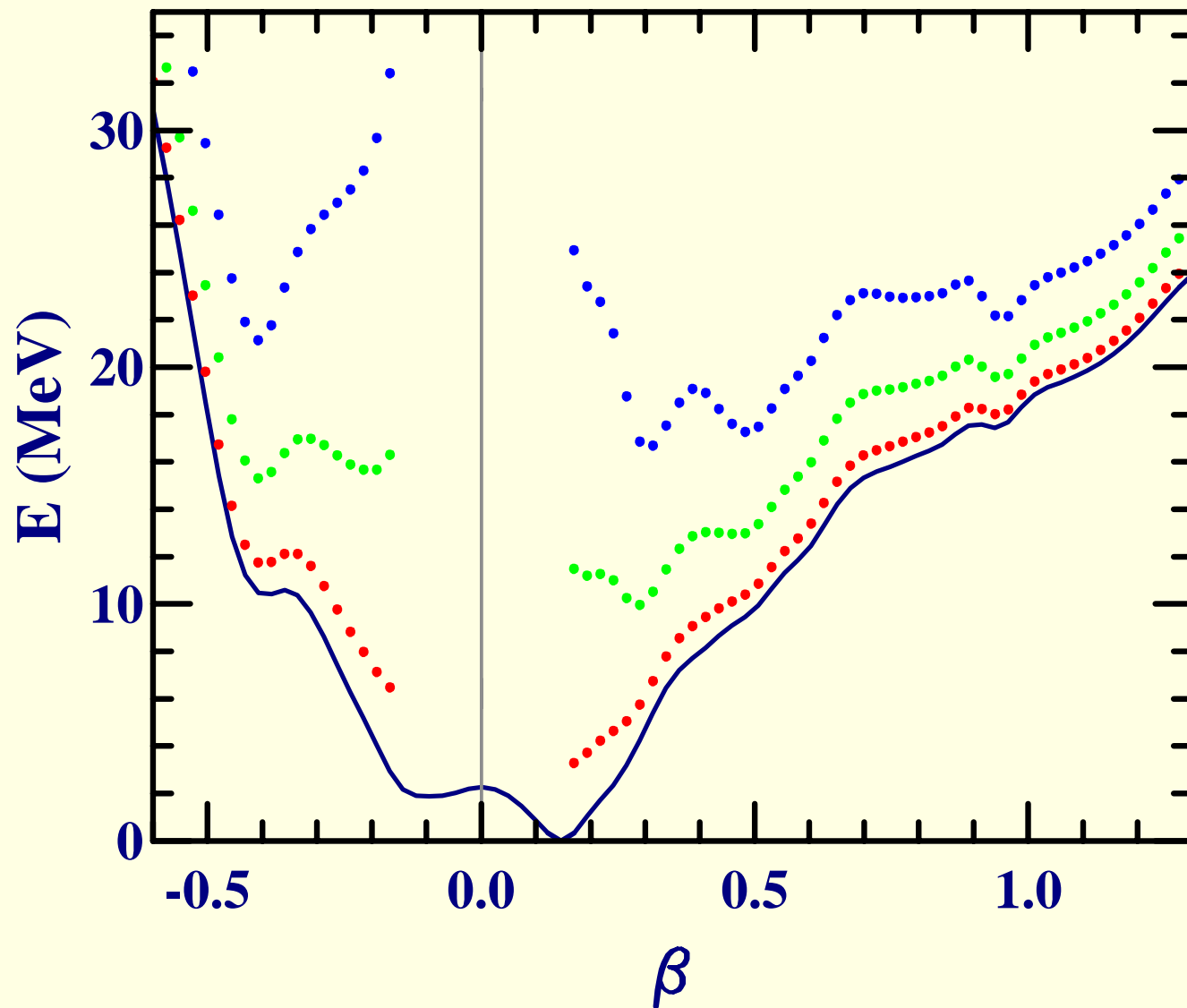


$^{143}_{57}\text{La}_{86}$



Binding energy

HFB=1182.950 MeV

Exp=1187.80 MeV

