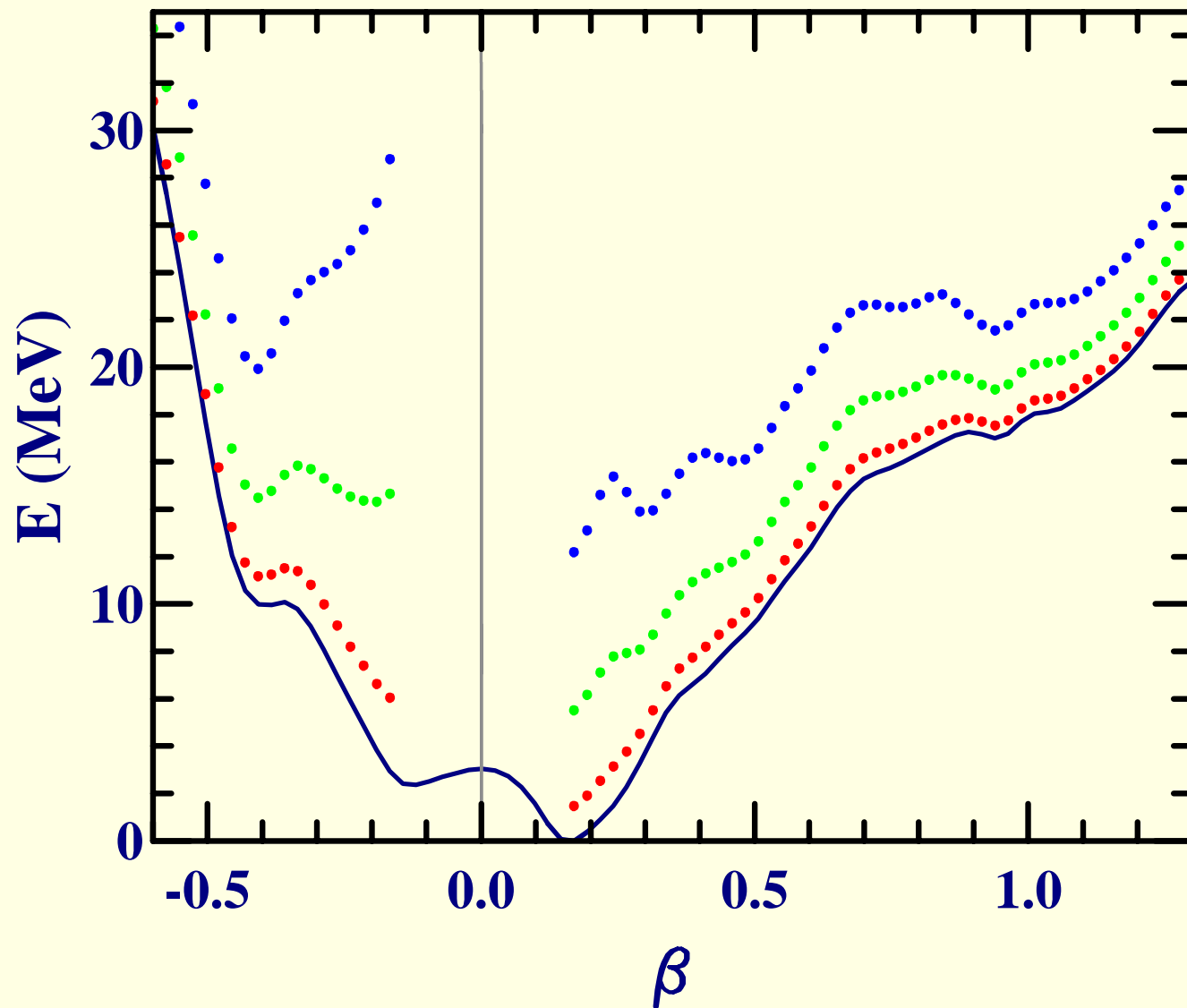


$^{144}_{57}\text{La}_{87}$



Binding energy

HFB=1187.050 MeV

Exp=1192.58 MeV

