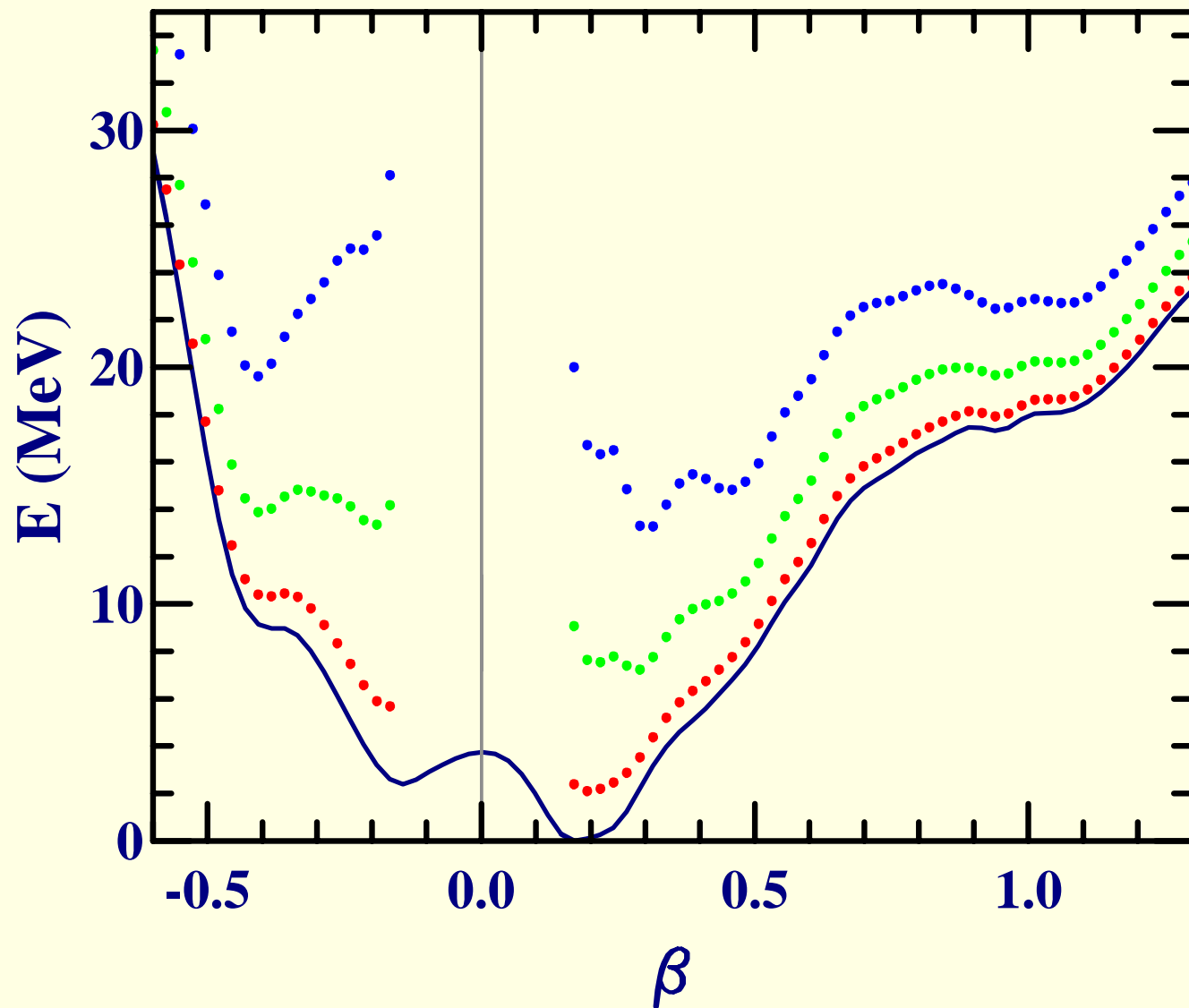


$^{145}_{57}\text{La}_{88}$



Binding energy

HFB=1192.340 MeV

Exp=1198.74 MeV

