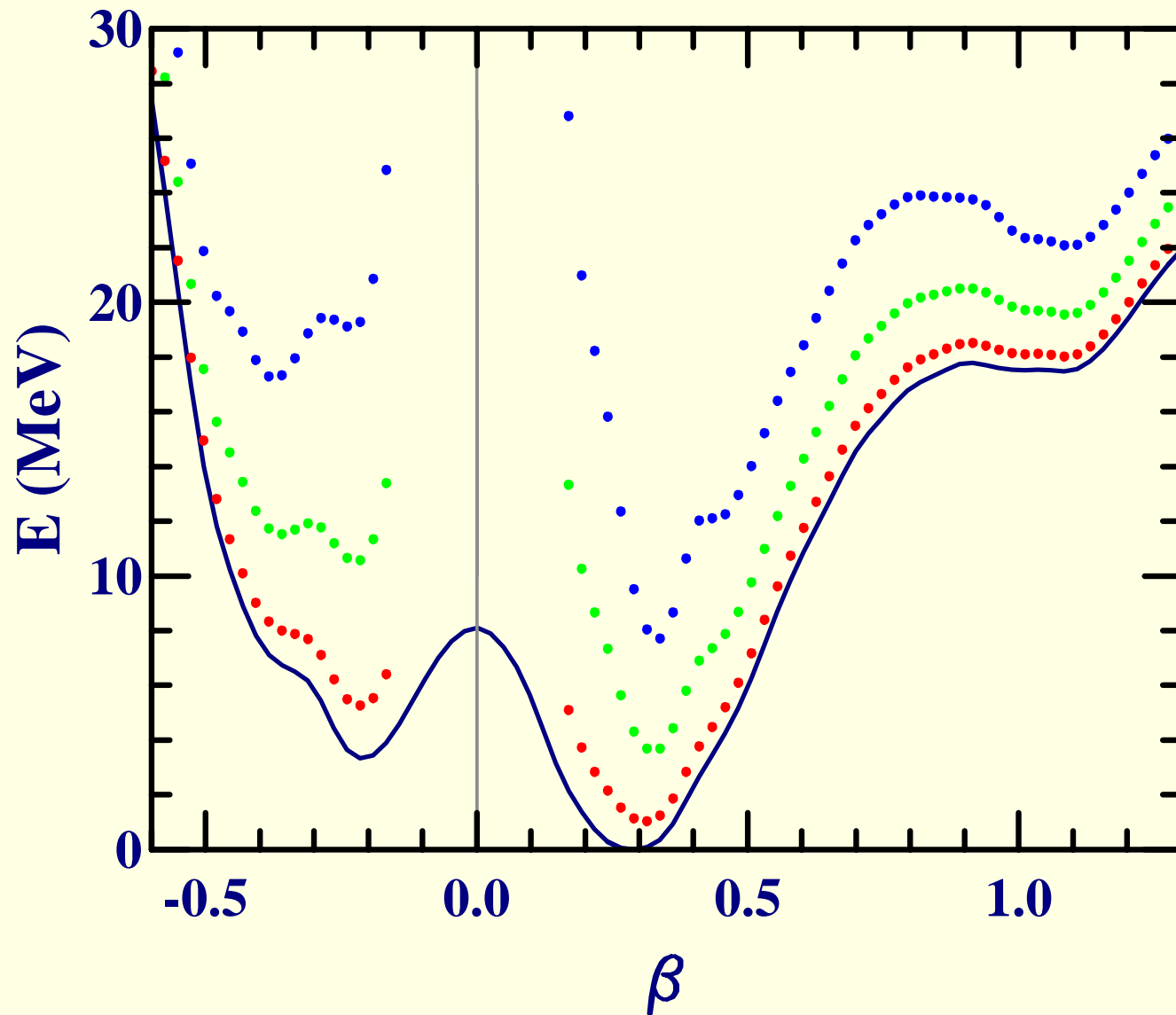


$^{149}_{57}\text{La}_{92}$



### Energie de liaison

HFB=1211.790 MeV  
Exp=1219.17 MeV(ext)

