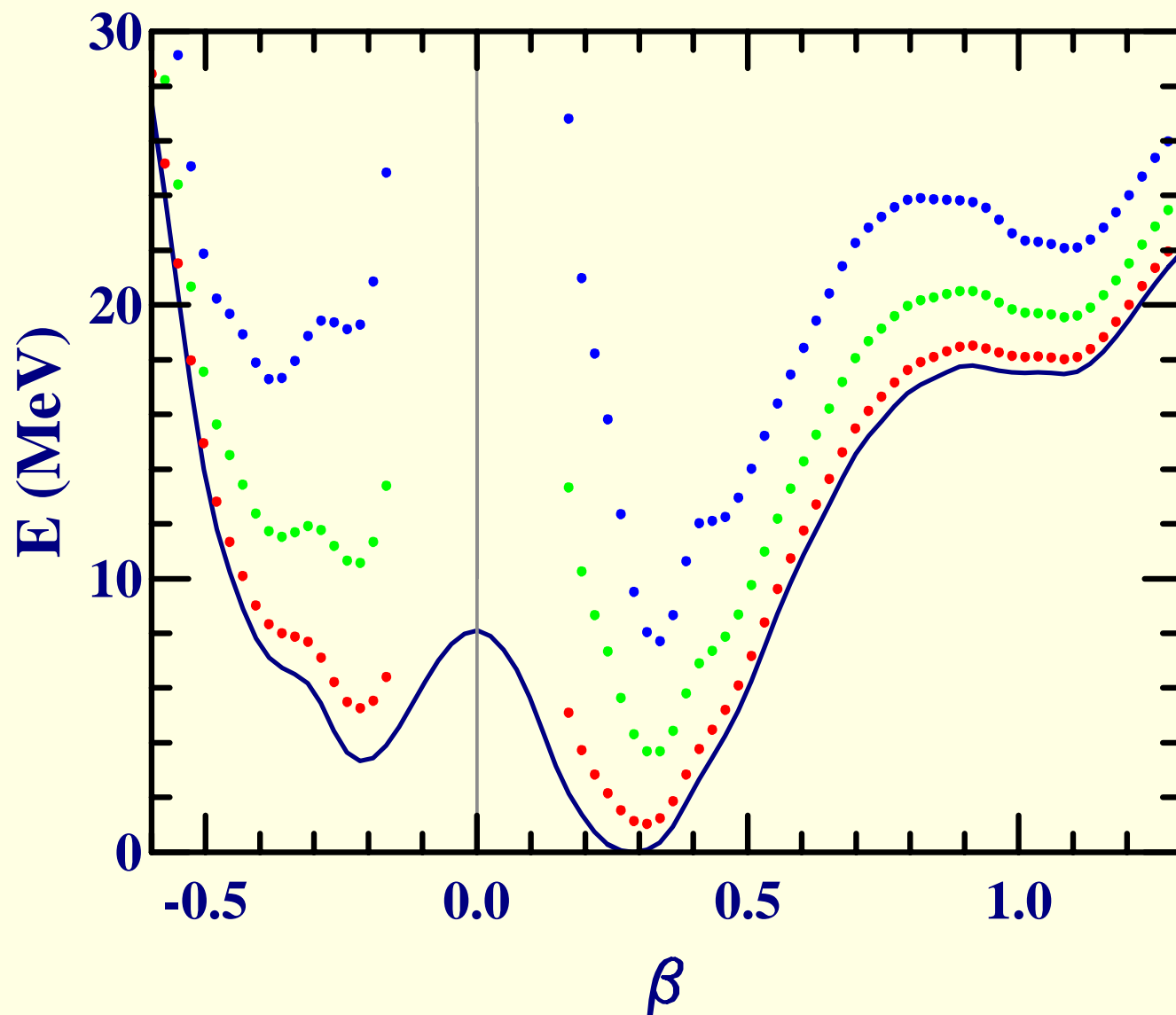


$^{149}_{57}\text{La}_{92}$



Binding energy

HFB=1211.790 MeV
Exp=1219.17 MeV(ext)

