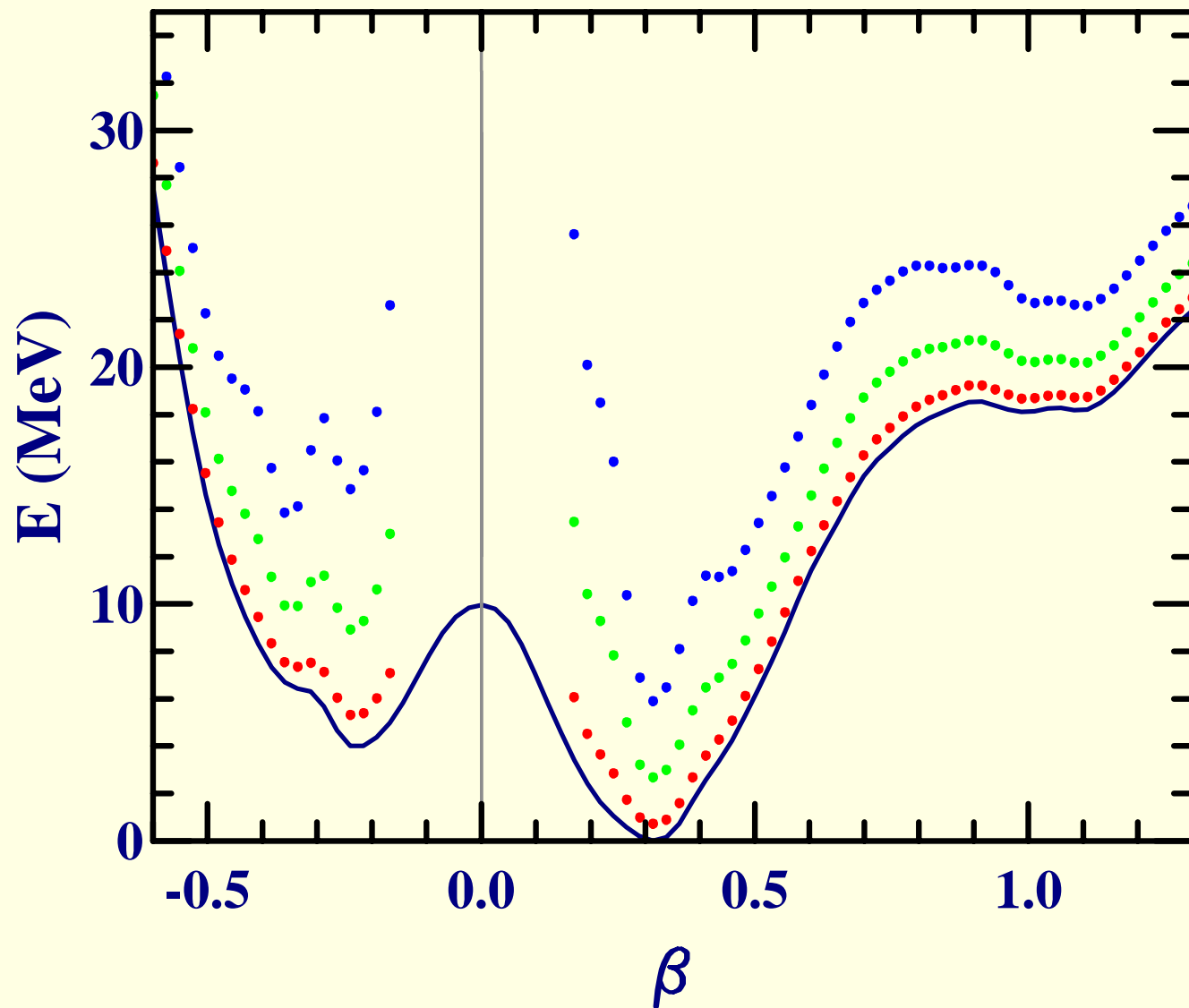


150  
57 **La** 93



### Binding energy

HFB=1215.530 MeV  
Exp=1223.33 MeV(ext)

