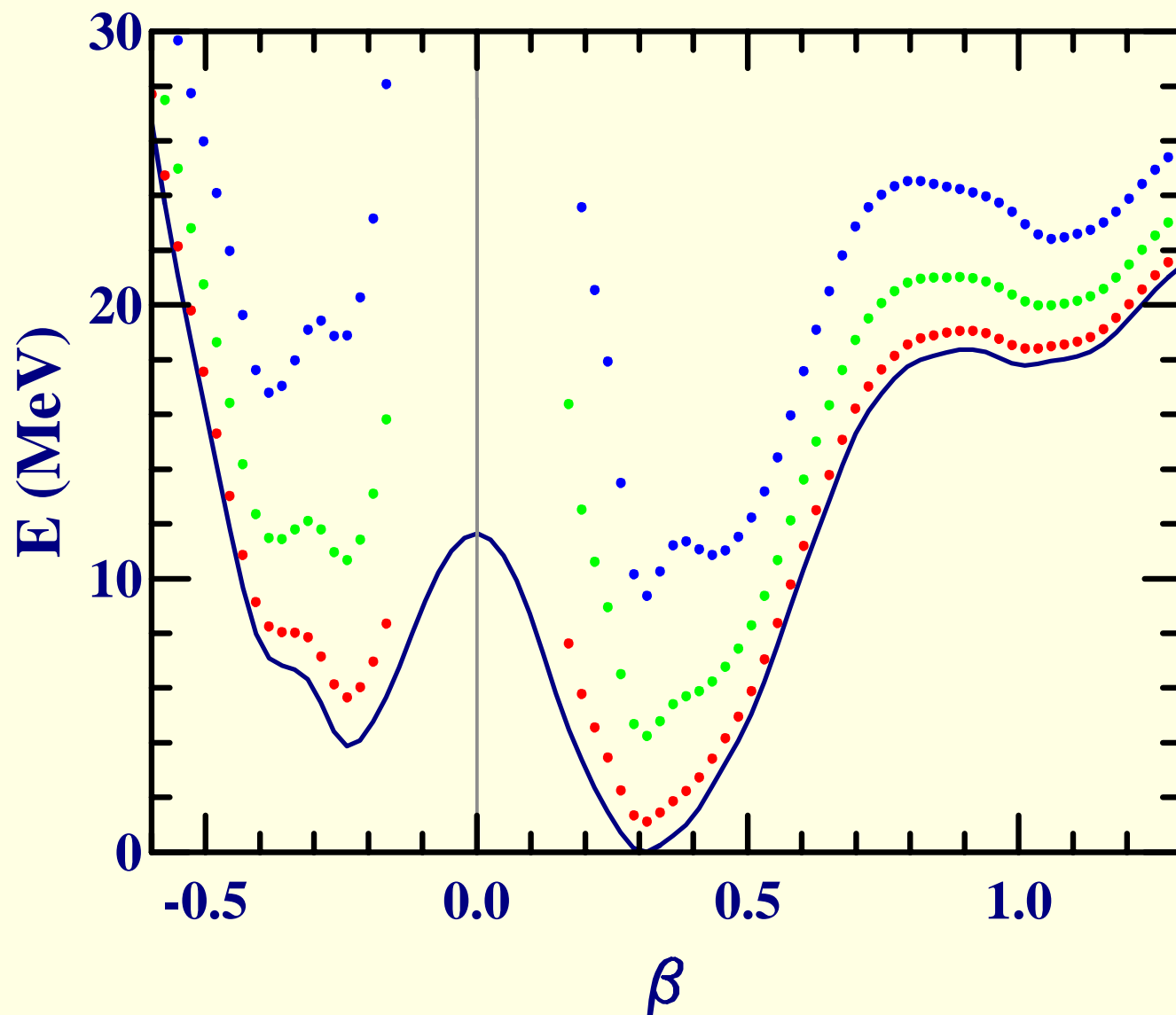


$^{153}_{57}\text{La}_{96}$



Energie de liaison

HFB=1228.210 MeV

Exp=1237.40 MeV(ext)

