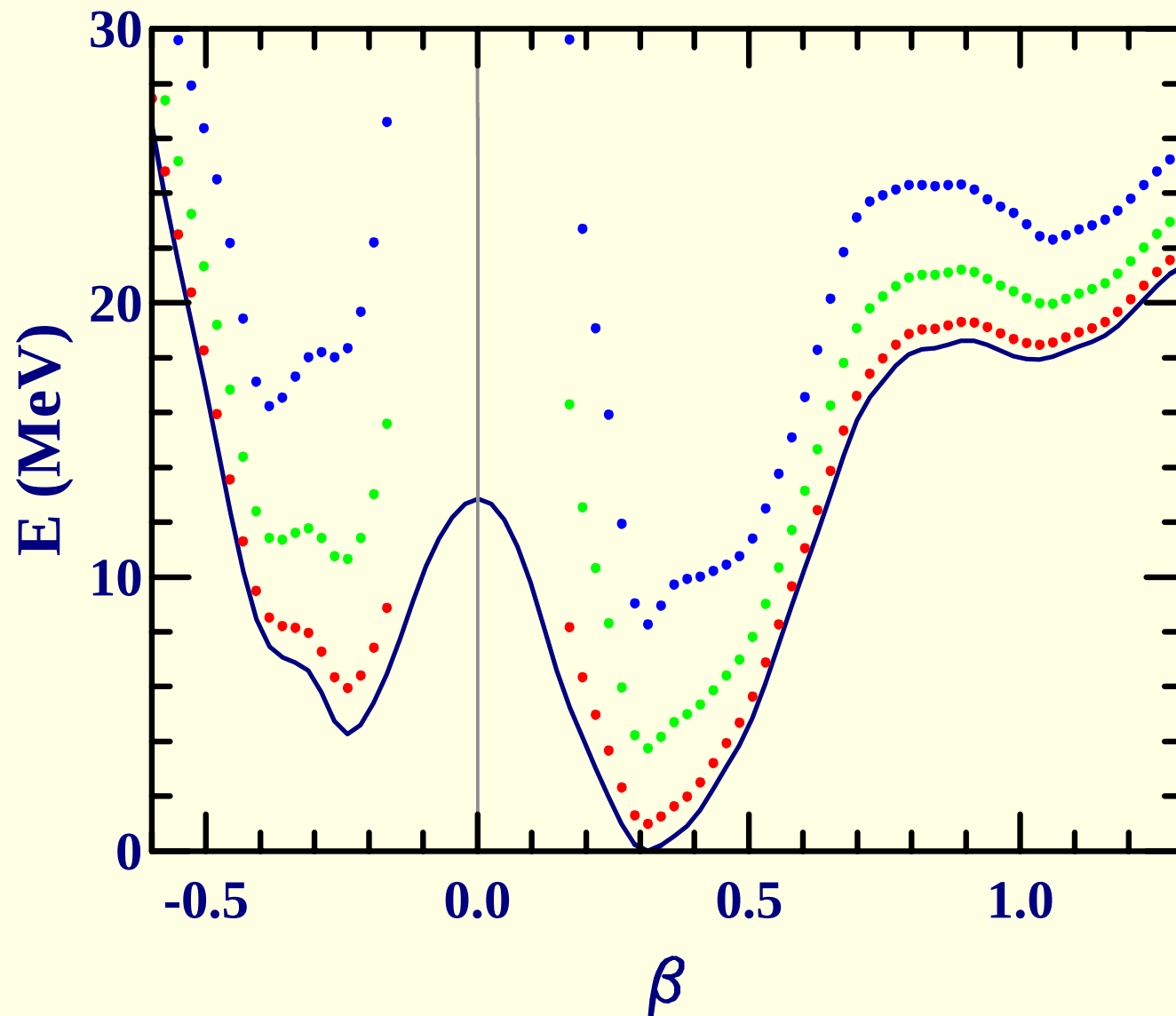


$^{154}_{57}\text{La}_{97}$ 

Binding energy

HFB=1231.030 MeV

Exp=1240.87 MeV(ext)

