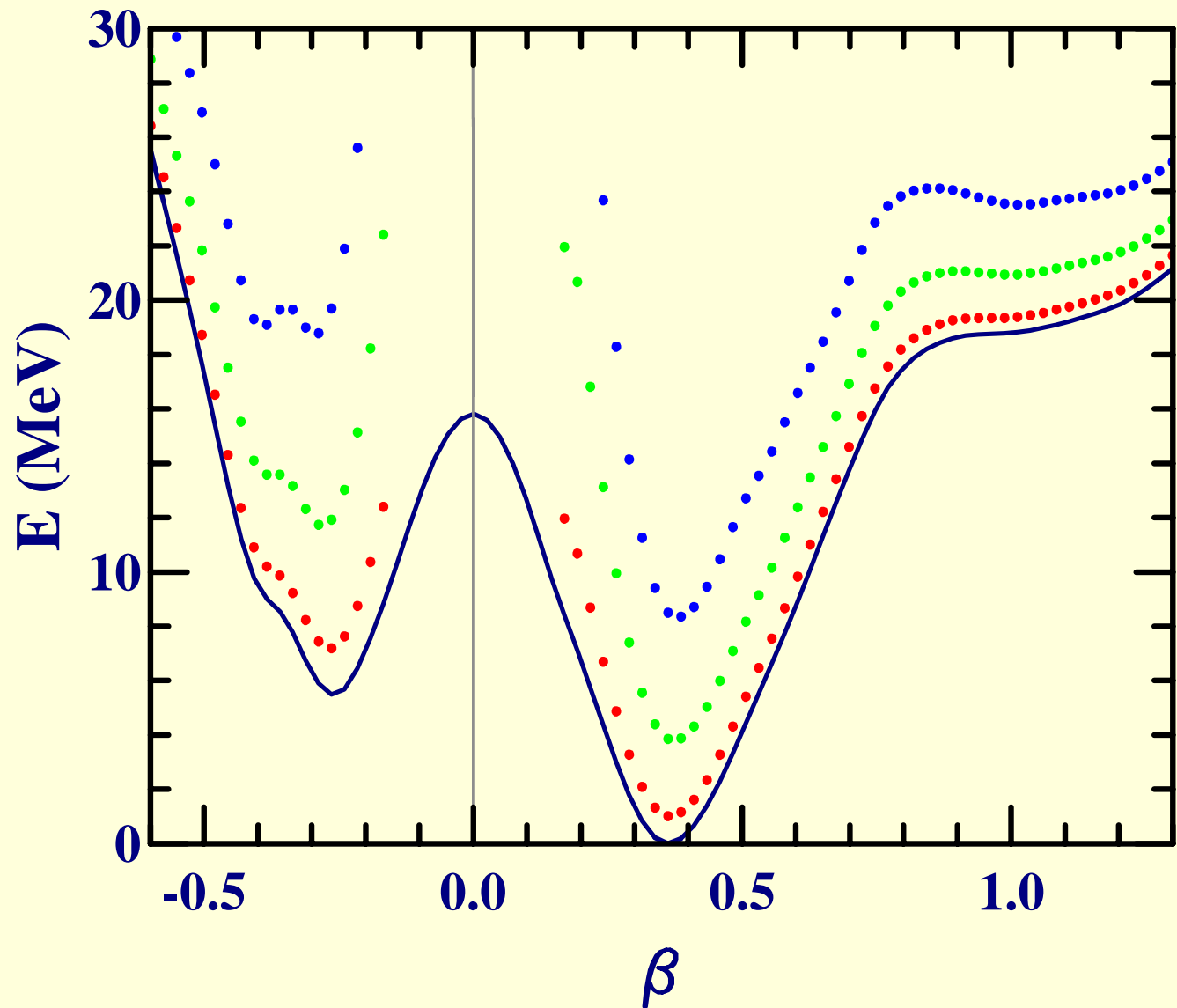


$^{160}_{60}\text{Nd}_{100}$



Binding energy

HFB=1282.830 MeV
Exp=1291.61 MeV(ext)

