

^{143}I $Z = 53$ $N = 90$ adopted link ENSDF link

Based on ENSDF from Oct 2022, and mass evaluation from 2020

BE = 1163.591 (-0.143) MeV

Qbeta- = 9.346 (0.143) MeV

	Energy T	J+	J-	J-other	T1/2

143I	1			0.000	1 130 MS 45

S-p = 11.545 (-0.586)-----

S-n = 4.125 (-0.143)-----

S-2p = 25.862 (-0.582)-----

S-2n = 7.073 (-0.144)-----

S-alpha= 3.279 (-0.441)-----

S+p = -13.304 (-0.143)

S+n = -2.521 (-0.455)

S+2p = -23.776 (-0.143)

S+2n = -6.414 (-0.458)

S+alpha = -3.488 (-0.143)

gap p = -1.760 (0.603)

gap n = 1.604 (0.477)

gap 2p = 2.086 (0.599)

gap 2n = 0.659 (0.480)

gap alpha = -0.209 (0.464)