

$^{144}\text{I}$        $Z = 53$        $N = 91$       adopted link      ENSDF link

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

BE      =    1166.112 (-0.432) MeV

Qbeta- =      11.566 ( 0.432) MeV

	Energy T	J+	J-	J-other	T1/2
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S-p	= 12.102	(-0.609)	-----	-----	-----
S-n	= 2.521	(-0.455)	-----	-----	-----
S-2p	= 26.278	(-0.517)	-----	-----	-----
S-2n	= 6.646	(-0.432)	-----	-----	-----
S-alpha	= 3.396	(-0.707)	-----	-----	-----
S+p	= -13.476	(-0.432)			
S+n	= -3.893	(-0.613)			
S+2p	= -24.582	(-0.432)			
S+2n	= -6.414	(-0.521)			
S+alpha	= -4.029	(-0.432)			
gap p	= -1.374	( 0.747)			
gap n	= -1.372	( 0.763)			
gap 2p	= 1.696	( 0.674)			
gap 2n	= 0.232	( 0.677)			
gap alpha	= -0.633	( 0.829)			