

$^{140}\text{Xe}$        $Z = 54$        $N = 86$       [link to full NNDC output](#)

Based on ENSDF from Dec 2018, and mass evaluation from 2016

BE = 1160.724 ( 0.002) MeV

Qbeta- = 4.064 ( 0.009) MeV

	Energy T	J+	J-	J-other	T1/2
140XE 1	0.000	0+			1 13.60 S 10
140XE 2	0.377	2+			2 70.5 PS 22
140XE 3	0.834	4+			3 16 PS 3
S-alpha=	0.986 ( 0.003)				
140XE 4				1.304	4
140XE 5	1.417	6+			5 8.6 PS LT
140XE 6			1.513	3-	6 7.7 PS LT
140XE 7				1.573	7
140XE 8				1.726	8
140XE 9			1.771	5-	9 11 PS 3
140XE 10				1.954	10
140XE 11	1.983	8+			11
140XE 12			2.184	7-	12
140XE 13				2.256	13
140XE 14				2.588	14
140XE 15	2.590	10+			15
140XE 16			2.736	9-	16
140XE 17				2.775	17
140XE 18				2.933	18
140XE 19				3.158	19
140XE 20			3.246	11-	20
140XE 21				3.269 (12+)	21
140XE 22				3.282	22
140XE 23				3.728	23
140XE 24				3.812 (13-)	24
140XE 25				3.997 (14+)	25
140XE 26				4.432 (15)	26
140XE 27				4.744 (16+)	27
140XE 28				5.165 (17)	28
S-n =	5.413 ( 0.003)				
140XE 29				5.504 (18+)	29
S-p =	11.804 ( 0.005)				
S-n =	5.413 ( 0.003)				
S-2p =	21.868 ( 0.004)				
S-2n =	9.157 ( 0.004)				
S-alpha=	0.986 ( 0.003)				

S+p = -8.780 ( 0.009)  
S+n = -3.282 ( 0.004)  
S+2p = -19.434 ( 0.006)  
S+2n = -8.386 ( 0.004)  
S+alpha = -1.206 ( 0.008)

gap p = 3.024 ( 0.011)  
gap n = 2.131 ( 0.005)  
gap 2p = 2.435 ( 0.008)  
gap 2n = 0.771 ( 0.005)  
gap alpha = -0.219 ( 0.008)