^{142}Xe $Z = 54$ $N = 88$ link to full NNDC output

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

BE = 1169.110 (0.003) MeV
Qbeta- = 5.285 (0.008) MeV

	Energy	T	J+	J-	J-other		T1/2	
142XE 1	0.000		0+			1	1.23 S	2
142XE 2	0.287		2+			2	0.20 NS	3
142XE 3				0.691	(4+)	3		
142XE 4				1.181	(6+)	4		
142XE 5				1.258	(3-)	5		
142XE 6				1.516	(5-)	6		
142XE 7				1.622		7		
142XE 8				1.732	(8+)	8		
142XE 9				1.865		9		
142XE 10				1.888	(7-)	10		
S-alpha=	1.959 (0.005)							
142XE 11				1.981		11		
142XE 12				2.212		12		
142XE 13				2.343	(10+)	13		
142XE 14				2.351	(9-)	14		
142XE 15				2.605		15		
142XE 16				2.806		16		
142XE 17				2.892	(11-)	17		
142XE 18				3.014	(12+)	18		
142XE 19				3.210		19		
142XE 20				3.496	(13-)	20		
142XE 21				3.740	(14+)	21		
142XE 22				3.764		22		
142XE 23				4.511	(16+)	23		

S-p = 12.592 (0.016)
S-n = 5.104 (0.004)
S-2p = 23.231 (0.062)
S-2n = 8.386 (0.004)
S-alpha= 1.959 (0.005)

S+p = -9.735 (0.008)
S+n = -3.045 (0.005)
S+2p = -21.115 (0.008)
S+2n = -7.785 (0.006)
S+alpha = -2.142 (0.021)

```
gap p     =   2.857 ( 0.018)
gap n     =   2.059 ( 0.007)
gap 2p    =   2.116 ( 0.063)
gap 2n    =   0.601 ( 0.007)
gap alpha =  -0.184 ( 0.022)
```