

^{144}Xe $Z = 54$ $N = 90$ [link to full NNDC output](#)

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

BE = 1176.895 (0.005) MeV

Qbeta- = 6.399 (0.021) MeV

	Energy T	J+	J-	J-other	T1/2
144Xe	1 0.000	0+			1 1.15 S 20
144Xe	2			0.253 (2+)	2
144Xe	3			0.644 (4+)	3
144Xe	4			1.132 (6+)	4
144Xe	5			1.688 (8+)	5
144Xe	6			2.303 (10+)	6

S-p = 0.000 (0.000)-----
 S-n = 4.741 (0.007)-----
 S-2p = 0.000 (0.000)-----
 S-2n = 7.785 (0.006)-----
 S-alpha= 2.721 (0.063)-----

S+p = -10.471 (0.011)
 S+n = -2.692 (0.012)
 S+2p = -22.653 (0.022)
 S+2n = -7.225 (0.025)
 S+alpha = -3.146 (0.063)

gap p = 0.000 (0.000)
 gap n = 2.048 (0.014)
 gap 2p = 0.000 (0.000)
 gap 2n = 0.560 (0.026)
 gap alpha = -0.425 (0.089)