

^{145}Xe $Z = 54$ $N = 91$ adopted link ENSDF link

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

BE = 1179.588 (0.011) MeV
Qbeta- = 8.561 (0.014) MeV

	Energy	T	J+	J-	J-other	T1/2
145XE	1				0.000	1 188 MS 4
S-p	=	13.476 (0.432)	-----			
S-n	=	2.692 (0.012)	-----			
S-2p	=	25.578 (0.429)	-----			
S-2n	=	7.433 (0.012)	-----			
S+alpha	=	3.270 (0.423)	-----			
S+p	=	-11.106 (0.012)				
S+n	=	-4.533 (0.027)				
S+2p	=	-23.349 (0.023)				
S+2n	=	-6.996 (0.147)				
S+alpha	=	-3.762 (0.011)				
gap p	=	2.370 (0.432)				
gap n	=	-1.840 (0.029)				
gap 2p	=	2.229 (0.430)				
gap 2n	=	0.437 (0.148)				
gap alpha	=	-0.492 (0.423)				