

$^{144}\text{Cs}$        $Z = 55$        $N = 89$       adopted link      ENSDF link

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

BE = 1182.512 ( 0.020) MeV

Qbeta- = 8.496 ( 0.021) MeV

	Energy T	J+	J-	J-other	T1/2
144CS	1			0.000 1(-)	1 0.994 S 6
144CS	2			0.043 (2-)	2
144CS	3			0.092 (4-)	3 1.1 US 1

S-p = 10.357 ( 0.021)-----  
 S-n = 3.667 ( 0.022)-----  
 S-2p = 23.046 ( 0.021)-----  
 S-2n = 8.899 ( 0.021)-----  
 S-alpha= 2.090 ( 0.023)-----

S+p = -11.534 ( 0.022)  
 S+n = -4.854 ( 0.022)  
 S+2p = -20.528 ( 0.020)  
 S+2n = -8.182 ( 0.020)  
 S+alpha = -1.862 ( 0.028)

gap p = -1.176 ( 0.030)  
 gap n = -1.187 ( 0.031)  
 gap 2p = 2.519 ( 0.029)  
 gap 2n = 0.718 ( 0.029)  
 gap alpha = 0.228 ( 0.037)