

^{145}Cs $Z = 55$ $N = 90$ adopted link ENSDF link

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

BE = 1187.366 (0.009) MeV

Qbeta- = 7.462 (0.012) MeV

	Energy T	J+	J-	J-other	T1/2
145CS	1 0.000	3/2+			1 0.587 S 5
145CS	2			0.089	2
145CS	3			0.204	3
145CS	4			0.359	4
145CS	5			0.551	5
145CS	6			0.743	6
145CS	7			1.068	7
145CS	8			1.511	8

S-p = 10.471 (0.011)-----
 S-n = 4.854 (0.022)-----
 S-2p = 23.776 (0.143)-----
 S-2n = 8.521 (0.012)-----
 S-alpha= 2.553 (0.018)-----

S+p = -12.101 (0.009)
 S+n = -3.327 (0.010)
 S+2p = -21.202 (0.014)
 S+2n = -8.008 (0.012)
 S+alpha = -2.590 (0.200)

gap p = -1.630 (0.014)
 gap n = 1.527 (0.024)
 gap 2p = 2.574 (0.144)
 gap 2n = 0.513 (0.017)
 gap alpha = -0.038 (0.201)