

^{116}Ba $Z = 56$ $N = 60$ adopted link ENSDF link

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

BE = 946.792 (-0.232) MeV

Qbeta+ = 7.686 (0.259) MeV

	Energy T	J+	J-	J-other	T1/2

S-alpha=	-3.271 (-0.232)				
116BA	1 0.000	0+			1 1.3 S 2

S-p = 1.952 (-0.259)-----

S-n = 13.452 (-0.327)-----

S-2p = 1.823 (-0.232)-----

S-2n = 24.568 (-0.254)-----

S-alpha= -3.271 (-0.232)-----

S+p = 0.730 (-0.330)

S+n = -11.199 (-0.341)

S+2p = 0.000 (-0.000)

S+2n = -23.994 (-0.331)

S+alpha = 2.128 (-0.533)

gap p = 2.682 (0.419)

gap n = 2.253 (0.472)

gap 2p = 0.000 (0.000)

gap 2n = 0.574 (0.417)

gap alpha = -1.143 (0.581)