

$^{143}\text{Ba}$        $Z = 56$        $N = 87$       adopted link      ENSDF link

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

BE = 1184.324 ( 0.007) MeV

Qbeta- = 4.234 ( 0.010) MeV

	Energy T	J+	J-	J-other	T1/2
143BA 1			0.000	5/2-	1 14.5 S 3
143BA 2				0.033 (1/2)-	2
143BA 3			0.117	9/2-	3 3.5 NS 8
143BA 4				0.229 (3/2)-	4
143BA 5				0.232 (3/2,5/2)-	5
143BA 6			0.263	7/2-	6
143BA 7				0.307 (3/2)-	7
143BA 8			0.461	13/2-	8
143BA 9				0.467 -	9
143BA 10			0.535	5/2-	10
143BA 11				0.598	11
143BA 12				0.660	12
143BA 13				0.671	13
143BA 14				0.696 (+)	14
143BA 15			0.716	11/2-	15
S-alpha=	0.718 ( 0.007)				
143BA 16			0.729	5/2-	16
143BA 17				0.823	17
143BA 18				0.831	18
143BA 19				0.834 3/2,5/2	19
143BA 20				0.934	20
143BA 21			0.954	17/2-	21
143BA 22	1.067	15/2+			22
143BA 23				1.083	23
143BA 24				1.085	24
143BA 25				1.101	25
143BA 26				1.110	26
143BA 27				1.154	27
143BA 28				1.178 (13/2+)	28
143BA 29				1.204	29
143BA 30			1.232	15/2-	30
143BA 31				1.253	31
143BA 32				1.300	32
143BA 33	1.411	19/2+			33
143BA 34				1.441	34
143BA 35				1.452	35
143BA 36	1.526	17/2+			36

143BA	37						1.576		37
143BA	38				1.579		21/2-		38
143BA	39				1.800		19/2-		39
143BA	40		1.880		23/2+				40
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143BA	41		2.007		21/2+				41
143BA	42				2.271		25/2-		42
143BA	43				2.426		23/2-		43
143BA	44		2.474		27/2+				44
143BA	45		2.586		25/2+				45
143BA	46							2.639	46
143BA	47				2.999		29/2-		47
143BA	48		3.165		31/2+				48
143BA	49		3.201		29/2+				49
143BA	50		3.859		33/2+				50
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143BA	51		3.944		35/2+				51

S-p = 10.712 ( 0.010)-----  
 S-n = 4.166 ( 0.009)-----  
 S-2p = 20.318 ( 0.007)-----  
 S-2n = 10.347 ( 0.009)-----  
 S-alpha= 0.718 ( 0.007)-----

S+p = -8.201 ( 0.015)  
 S+n = -5.901 ( 0.010)  
 S+2p = -17.708 ( 0.035)  
 S+2n = -9.722 ( 0.011)  
 S+alpha = -0.501 ( 0.011)

gap p = 2.510 ( 0.018)  
 gap n = -1.735 ( 0.013)  
 gap 2p = 2.610 ( 0.035)  
 gap 2n = 0.626 ( 0.014)  
 gap alpha = 0.216 ( 0.013)