

^{144}Ba $Z = 56$ $N = 88$ adopted link ENSDF link

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

BE = 1190.225 (0.007) MeV

Qbeta- = 3.083 (0.015) MeV

	Energy T	J+	J-	J-other	T1/2
144BA 1	0.000	0+			1 11.5 S 2
144BA 2	0.199	2+			2 0.71 NS 2
144BA 3	0.530	4+			3 34 PS 5
144BA 4				0.759 1(-)	4 24 PS LT
144BA 5				0.838 3(-)	5 10 PS LT
144BA 6	0.962	6+			6
144BA 7	1.020	0+			7
144BA 8				1.039 5(-)	8

S-alpha=	1.206 (0.008)				
144BA 9				1.316 (2)	9
144BA 10				1.355 7(-)	10

144BA 11	1.471	8+			11
144BA 12				1.773 9(-)	12
144BA 13				1.838	13
144BA 14				1.848 2(+)	14
144BA 15	1.864	2+			15
144BA 16				1.881 (5+)	16
144BA 17				1.991 (6-)	17
144BA 18	2.044	10+			18
144BA 19				2.159 (7+)	19
144BA 20				2.212 (2+)	20

144BA 21				2.279 11(-)	21
144BA 22				2.363 (8-)	22
144BA 23				2.375 (1+,2+)	23
144BA 24				2.664	24
144BA 25	2.667	12+			25
144BA 26				2.864 13(-)	26
144BA 27				2.904	27
144BA 28				3.321 (14+)	28
144BA 29				3.519 (15-)	29
144BA 30				3.991 (16+)	30

144BA 31				4.242 (17-)	31
144BA 32				5.028 (19-)	32

S-p = 11.380 (0.010)-----

S-n = 5.901 (0.010)-----

S-2p = 21.115 (0.008)-----
S-2n = 10.068 (0.009)-----
S-alpha= 1.206 (0.008)-----

S+p = -8.357 (0.014)
S+n = -3.820 (0.011)
S+2p = -18.437 (0.016)
S+2n = -9.242 (0.007)
S+alpha = -1.056 (0.013)

gap p = 3.023 (0.018)
gap n = 2.081 (0.015)
gap 2p = 2.679 (0.018)
gap 2n = 0.826 (0.012)
gap alpha = 0.149 (0.015)