^{144}Ba $Z = 56$ $N = 88$ link to full NNDC output

Based on ENSDF from Dec 2018, and mass evaluation from 2016

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 = 11.381 (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      = -18.446 ( 0.018)
S+2n      =  -9.323 ( 0.022)
S+alpha   =  -1.056 ( 0.013)

gap p     =   3.023 ( 0.018)
gap n     =   2.081 ( 0.015)
gap 2p    =   2.669 ( 0.019)
gap 2n    =   0.745 ( 0.024)
gap alpha =   0.149 ( 0.015)
```