

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

Based on ensdf_240402 (Apr 2024), 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)