

^{145}Ba $Z = 56$ $N = 89$ adopted link ENSDF link

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

BE = 1194.046 (0.008) MeV

Qbeta- = 5.319 (0.015) MeV

	Energy T	J+	J-	J-other	T1/2
145BA 1			0.000	5/2-	1 4.31 S 16
145BA 2				0.113 (7/2)-	2 0.220 NS 12
145BA 3				0.175 (1/2)-	3
145BA 4				0.199 (5/2)-	4
145BA 5				0.277 (9/2)-	5
145BA 6				0.320 (5/2)+	6
145BA 7				0.416 (5/2)-	7
145BA 8	0.436	3/2+			8
145BA 9				0.455 (3/2)-	9
145BA 10				0.463 (11/2)-	10
145BA 11				0.492	11
145BA 12				0.508 (11/2)-	12
145BA 13				0.547 (5/2)+	13
145BA 14				0.567 (5/2-)	14
145BA 15				0.611 (5/2-)	15
145BA 16				0.617 (13/2)+	16
145BA 17				0.627	17
145BA 18				0.641 (13/2)-	18
145BA 19				0.663	19
145BA 20				0.671 (11/2+)	20
145BA 21				0.673	21
145BA 22				0.724 (5/2-)	22
145BA 23				0.753 (1/2,5/2-)	23
145BA 24				0.785 +	24
145BA 25				0.796	25
145BA 26				0.820	26
145BA 27				0.836	27
145BA 28				0.851	28
145BA 29				0.866 (17/2)+	29
145BA 30				0.872	30
145BA 31				0.900 (15/2)-	31
145BA 32				0.972 (15/2+)	32
145BA 33				1.050	33
145BA 34				1.098 (17/2)-	34
145BA 35				1.117	35
145BA 36				1.138	36
145BA 37				1.155	37

145BA 38				1.240	(21/2)+	38
145BA 39				1.241		39
145BA 40				1.300		40

145BA 41				1.354		41
145BA 42				1.384	(19/2+)	42
145BA 43				1.394	(19/2-)	43
145BA 44				1.462	(19/2-)	44
145BA 45				1.640	(21/2)-	45
145BA 46				1.719	(25/2)+	46
S-alpha=	1.744	(0.009)	-----			
145BA 47				1.812	(23/2-)	47
145BA 48				1.890	(23/2+)	48
145BA 49		1.940	23/2-			49
145BA 50		2.207	25/2-			50

145BA 51				2.234	(27/2-)	51
145BA 52				2.283	(29/2+)	52
145BA 53				2.429	(27/2+)	53
145BA 54				2.725	(31/2-)	54
145BA 55				2.923	(33/2+)	55
145BA 56				3.289	(35/2-)	56
145BA 57				3.629	(37/2+)	57
S-n	=	3.820	(0.011)	-----		
145BA 58				3.922	(39/2-)	58
145BA 59				4.623	(43/2-)	59

S-p	=	11.534	(0.022)	-----		
S-n	=	3.820	(0.011)	-----		
S-2p	=	21.891	(0.010)	-----		
S-2n	=	9.722	(0.011)	-----		
S-alpha=	1.744	(0.009)	-----			

S+p	=	-8.994	(0.009)			
S+n	=	-5.421	(0.009)			
S+2p	=	-19.076	(0.012)			
S+2n	=	-8.891	(0.021)			
S+alpha	=	-1.579	(0.013)			

gap p	=	2.540	(0.023)			
gap n	=	-1.601	(0.014)			
gap 2p	=	2.816	(0.015)			
gap 2n	=	0.831	(0.024)			
gap alpha	=	0.165	(0.016)			