

^{120}La $Z = 57$ $N = 63$ adopted link ENSDF link

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

BE = 981.480 (-0.240) MeV

Qbeta+ = 11.373 (0.384) MeV

	Energy T	J+	J-	J-other	T1/2

S-p	=	0.214	(-0.313)	-----	-----
S-n	=	10.559	(-0.430)	-----	-----
S-2p	=	3.684	(-0.240)	-----	-----
S-2n	=	24.028	(-0.428)	-----	-----
S-alpha	=	-2.076	(-0.267)	-----	-----
S+p	=	-2.492	(-0.435)		
S+n	=	-12.777	(-0.341)		
S+2p	=	-1.840	(-0.544)		
S+2n	=	-23.190	(-0.342)		
S+alpha	=	1.904	(-0.443)		
gap p	=	-2.278	(0.536)		
gap n	=	-2.218	(0.549)		
gap 2p	=	1.844	(0.595)		
gap 2n	=	0.838	(0.548)		
gap alpha	=	-0.172	(0.517)		