^{121}La $Z = 57$ $N = 64$ adopted link   ENSDF link

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

BE   =   994.257 (-0.242) MeV
Qbeta+ =   8.524 (0.281) MeV

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

S-alpha= -1.847 (-0.250)--
121LA   1 | | | 0.000   1 5.3 S   2

S-p   =   0.622 (-0.386)--
S-n   =   12.777 (-0.341)--
S-2p   =   4.494 (-0.242)--
S-2n   =   23.336 (-0.431)--
S-alpha=   -1.847 (-0.250)--

S+p   =   -2.971 (-0.439)
S+n   = -10.413 (-0.344)
S+2p   =   -2.535 (-0.441)
S+2n   = -22.584 (-0.345)
S+alpha =   1.678 (-0.348)

gap p   =   -2.349 (0.584)
gap n   =   2.364 (0.484)
gap 2p   =   1.959 (0.503)
gap 2n   =   0.752 (0.552)
gap alpha =   -0.169 (0.428)