

^{122}La $Z = 57$ $N = 65$ adopted link ENSDF link

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

BE = 1004.670 (-0.244) MeV

Qbeta+ = 10.046 (0.246) MeV

	Energy T	J+	J-	J-other	T1/2
S-alpha=	-1.422 (-0.244)				
122LA 1				0.000	1 8.6 S 5

S-p = 1.107 (-0.282)-----

S-n = 10.413 (-0.344)-----

S-2p = 5.252 (-0.244)-----

S-2n = 23.190 (-0.342)-----

S-alpha= -1.422 (-0.244)-----

S+p = -3.069 (-0.346)

S+n = -12.171 (-0.346)

S+2p = -3.202 (-0.445)

S+2n = -21.838 (-0.250)

S+alpha = 1.782 (-0.351)

gap p = -1.962 (0.447)

gap n = -1.758 (0.488)

gap 2p = 2.050 (0.507)

gap 2n = 1.352 (0.424)

gap alpha = 0.360 (0.427)