

$^{123}\text{La}$        $Z = 57$        $N = 66$       adopted link      ENSDF link

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

BE = 1016.841 (-0.246) MeV

Qbeta+ = 6.992 ( 0.246) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-1.218 (-0.246)				
123LA	1			0.000	1 16.3 S 3
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S-p	= 1.343 (-0.248)				
S-n	= 12.171 (-0.346)				
S-2p	= 6.138 (-0.246)				
S-2n	= 22.584 (-0.345)				
S-alpha=	-1.218 (-0.246)				
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S+p	= -3.555 (-0.349)				
S+n	= -9.667 (-0.252)				
S+2p	= -4.034 (-0.351)				
S+2n	= -21.239 (-0.247)				
S+alpha	= 1.705 (-0.354)				
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gap p	= -2.212 ( 0.428)				
gap n	= 2.504 ( 0.429)				
gap 2p	= 2.104 ( 0.429)				
gap 2n	= 1.345 ( 0.425)				
gap alpha	= 0.487 ( 0.431)				