

$^{124}\text{La}$        $Z = 57$        $N = 67$       adopted link      ENSDF link

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

BE      =      1026.508 ( 0.057) MeV

Qbeta+ =      8.831 ( 0.058) MeV

	Energy T	J+	J-	J-other	T1/2
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S-p	=	1.893 ( 0.058)	-----	-----	-----
S-n	=	9.667 ( 0.252)	-----	-----	-----
S-2p	=	6.692 ( 0.066)	-----	-----	-----
S-2n	=	21.838 ( 0.250)	-----	-----	-----
S-alpha	=	-1.205 ( 0.058)	-----	-----	-----
S+p	=	-3.742 ( 0.256)			
S+n	=	-11.572 ( 0.062)			
S+2p	=	-4.676 ( 0.258)			
S+2n	=	-20.857 ( 0.107)			
S+alpha	=	1.503 ( 0.064)			
gap p	=	-1.849 ( 0.263)			
gap n	=	-1.905 ( 0.260)			
gap 2p	=	2.016 ( 0.267)			
gap 2n	=	0.981 ( 0.272)			
gap alpha	=	0.298 ( 0.086)			