

$^{125}\text{La}$        $Z = 57$        $N = 68$       adopted link      ENSDF link

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

BE = 1038.080 ( 0.026) MeV

Qbeta+ = 5.910 ( 0.028) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-0.918 ( 0.030)				
125LA	1			0.000 (3/2+)	1 64.8 S 12
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S-p	= 1.959 ( 0.029)				
S-n	= 11.572 ( 0.062)				
S-2p	= 7.294 ( 0.029)				
S-2n	= 21.239 ( 0.247)				
S-alpha=	-0.918 ( 0.030)				
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S+p	= -4.350 ( 0.038)				
S+n	= -9.285 ( 0.094)				
S+2p	= -5.352 ( 0.255)				
S+2n	= -20.279 ( 0.037)				
S+alpha	= 1.561 ( 0.040)				
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gap p	= -2.391 ( 0.048)				
gap n	= 2.287 ( 0.113)				
gap 2p	= 1.942 ( 0.257)				
gap 2n	= 0.960 ( 0.250)				
gap alpha	= 0.643 ( 0.049)				