

$^{126}\text{La}$        $Z = 57$        $N = 69$       adopted link      ENSDF link

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

BE      =    1047.366 ( 0.091) MeV

Qbeta+ =      7.696 ( 0.091) MeV

	Energy T	J+	J-	J-other	T1/2
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S-p	=	2.593 ( 0.091)	-----	-----	-----
S-n	=	9.285 ( 0.094)	-----	-----	-----
S-2p	=	7.810 ( 0.091)	-----	-----	-----
S-2n	=	20.857 ( 0.107)	-----	-----	-----
S-alpha	=	-0.746 ( 0.097)	-----	-----	-----
S+p	=	-4.295 ( 0.095)			
S+n	=	-10.994 ( 0.094)			
S+2p	=	-5.935 ( 0.095)			
S+2n	=	-19.795 ( 0.106)			
S+alpha	=	1.373 ( 0.111)			
gap p	=	-1.702 ( 0.132)			
gap n	=	-1.709 ( 0.133)			
gap 2p	=	1.875 ( 0.132)			
gap 2n	=	1.063 ( 0.150)			
gap alpha	=	0.627 ( 0.147)			