

$^{128}\text{La}$        $Z = 57$        $N = 71$       adopted link      ENSDF link

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

BE      =    1067.160 ( 0.054) MeV

Qbeta+ =      6.744 ( 0.054) MeV

	Energy T	J+	J-	J-other	T1/2
S-alpha=	-0.691 ( 0.055)				
128LA	1			0.000 (5+)	1 5.18 M 14

S-p      =    3.097 ( 0.056)-----

S-n      =    8.801 ( 0.060)-----

S-2p    =    8.853 ( 0.055)-----

S-2n    =  19.795 ( 0.106)-----

S-alpha= -0.691 ( 0.055)-----

S+p      =  -4.951 ( 0.061)

S+n      = -10.769 ( 0.058)

S+2p    =  -7.128 ( 0.084)

S+2n    = -19.145 ( 0.060)

S+alpha =    0.973 ( 0.062)

gap p    =  -1.854 ( 0.083)

gap n    =  -1.969 ( 0.084)

gap 2p   =    1.725 ( 0.101)

gap 2n   =    0.650 ( 0.122)

gap alpha =    0.282 ( 0.083)