

^{130}La $Z = 57$ $N = 73$ adopted link ENSDF link

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

BE = 1086.305 (0.026) MeV

Qbeta+ = 5.629 (0.026) MeV

	Energy T	J+	J-	J-other	T1/2

S-alpha=	-0.298	(0.028)	-----		
130LA 1				0.000 3(+)	1 8.7 M 1
130LA 2				0.110 (1+,2,3+)	2 17 NS 5
130LA 3	0.131	1+			3 77 NS 10
130LA 4				0.220 (1+)	4
130LA 5				0.267 (1+)	5
130LA 6				0.304 (1)	6
130LA 7				0.307 (1)	7
130LA 8				0.341 (1+)	8
130LA 9				0.351 (1)	9
130LA 10				0.385 (1)	10

130LA 11				0.430 (1)	11
130LA 12				0.432 (1)	12
130LA 13				0.443 (1)	13
130LA 14				0.444 (1+)	14
130LA 15				0.477 (1)	15
130LA 16				0.478 (1+)	16
130LA 17				0.482 (1)	17
130LA 18				0.524 (1+)	18
130LA 19				0.589 (1)	19
130LA 20				0.594 (1)	20

130LA 21				0.607 (1)	21
130LA 22				0.645 (1)	22
130LA 23				0.673 (0,1)	23
130LA 24				0.697 (1)	24
130LA 25				0.810 (1)	25
130LA 26				0.827 (0,1)	26
130LA 27				0.914 (1+)	27
130LA 28				0.986 (0,1)	28
130LA 29				1.032 (1+)	29
130LA 30				1.169 (1+)	30

130LA 31	1.197	1+			31
130LA 32	1.289	1+			32
130LA 33				1.431 (1+)	33

S-p = 3.856 (0.028)-----

S-n = 8.375 (0.034)-----
S-2p = 10.274 (0.026)-----
S-2n = 19.145 (0.060)-----
S-alpha= -0.298 (0.028)-----

S+p = -5.370 (0.042)
S+n = -10.213 (0.038)
S+2p = -8.178 (0.039)
S+2n = -18.239 (0.045)
S+alpha = 0.675 (0.033)

gap p = -1.514 (0.050)
gap n = -1.838 (0.051)
gap 2p = 2.096 (0.047)
gap 2n = 0.906 (0.075)
gap alpha = 0.376 (0.043)