

^{132}La $Z = 57$ $N = 75$ adopted link ENSDF link

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

BE = 1104.544 (0.036) MeV

Qbeta+ = 4.711 (0.036) MeV

	Energy T	J+	J-	J-other	T1/2
132LA 1			0.000 2-		1 4.8 H 2
132LA 2			0.135 3-		2
132LA 3				0.155 (2)+	3
132LA 4	0.182	1+			4 0.83 NS 11
132LA 5			0.188 6-		5 24.3 M 5
S-alpha= 0.217 (0.037)					
132LA 6	0.217	2+			6
132LA 7				0.232 (4-)	7
132LA 8	0.279	1+			8
132LA 9				0.357 (7)-	9
132LA 10				0.359 1+,2+	10
132LA 11				0.361 (5-)	11
132LA 12				0.391 (7)-	12
132LA 13	0.407	1+			13
132LA 14	0.485	1+			14
132LA 15	0.508	6+			15
132LA 16				0.522 (6-)	16
132LA 17	0.524	1+			17
132LA 18				0.584 (8-)	18
132LA 19				0.603 (6-)	19
132LA 20	0.607	1+			20
132LA 21				0.623	21
132LA 22	0.648	1+			22
132LA 23				0.670 (7)+	23
132LA 24				0.707 (8)+	24
132LA 25	0.732	1+			25
132LA 26				0.752 (7-)	26
132LA 27				0.775 (9+)	27
132LA 28				0.775	28
132LA 29				0.820 1(+)	29
132LA 30				0.873 (9-)	30
132LA 31				0.936 (10+)	31
132LA 32				1.019	32
132LA 33				1.166 (9-)	33
132LA 34				1.229 (11+)	34
132LA 35				1.253 (10-)	35
132LA 36				1.283	36

132LA 37				1.523	(12+)	37	
132LA 38				1.558	(11+)	38	
132LA 39				1.572	(11-)	39	
132LA 40				1.723	(11-)	40	

132LA 41				1.915	(13+)	41	
132LA 42				1.918	(12+)	42	
132LA 43				2.083		43	
132LA 44				2.100	(12-)	44	
132LA 45				2.171	(12-)	45	
132LA 46				2.298	(13+)	46	0.73 PS
132LA 47				2.301	(14+)	47	
132LA 48				2.391	(13-)	48	
132LA 49				2.408	(11+)	49	
132LA 50				2.413	(13-)	50	

132LA 51				2.665	(12+)	51	
132LA 52				2.701	(14+)	52	0.80 PS
132LA 53				2.754	(15+)	53	
132LA 54				2.775		54	
132LA 55				2.907	(13+)	55	
132LA 56				2.911	(14-)	56	
132LA 57				3.128	(15+)	57	
132LA 58				3.161	(15-)	58	
132LA 59				3.166	(14+)	59	
132LA 60				3.207	(16+)	60	0.54 PS

132LA 61				3.388	(15-)	61	
132LA 62				3.471	(15+)	62	
132LA 63				3.617	(16+)	63	
132LA 64				3.713	(17+)	64	0.44 PS
132LA 65				3.828	(16+)	65	
132LA 66				4.036	(17-)	66	
132LA 67				4.201	(18+)	67	0.38 PS
132LA 68				4.213	(17+)	68	

S-p	=	4.334	(0.036)	-----			
132LA 69				4.643	(18+)	69	
132LA 70				4.759	(19+)	70	0.53 PS

132LA 71				5.217	(20+)	71	

S-p = 4.334 (0.036)-----
S-n = 8.026 (0.046)-----
S-2p = 11.402 (0.037)-----
S-2n = 18.239 (0.045)-----
S-alpha= 0.217 (0.037)-----

S+p = -5.984 (0.040)
S+n = -9.842 (0.046)

S+2p = -9.382 (0.042)
S+2n = -17.638 (0.041)
S+alpha = -0.042 (0.038)

gap p = -1.650 (0.054)
gap n = -1.817 (0.065)
gap 2p = 2.019 (0.056)
gap 2n = 0.601 (0.061)
gap alpha = 0.175 (0.053)