

$^{134}\text{La}$        $Z = 57$        $N = 77$       adopted link      ENSDF link

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

BE = 1122.182 ( 0.020) MeV

Qbeta+ = 3.731 ( 0.020) MeV

|          | Energy T | J+ | J- | J-other      | T1/2        |
|----------|----------|----|----|--------------|-------------|
| 134LA 1  | 0.000    | 1+ |    |              | 1 6.45 M 16 |
| 134LA 2  |          |    |    | 0.032 (2)+   | 2           |
| 134LA 3  |          |    |    | 0.055 (2)+   | 3           |
| 134LA 4  |          |    |    | 0.094 (2,3)+ | 4           |
| 134LA 5  |          |    |    | 0.123        | 5           |
| 134LA 6  |          |    |    | 0.136 (2,3)+ | 6           |
| 134LA 7  | 0.162    | 1+ |    |              | 7           |
| 134LA 8  |          |    |    | 0.164        | 8           |
| 134LA 9  |          |    |    | 0.187 (2)+   | 9           |
| 134LA 10 |          |    |    | 0.205 (2)+   | 10          |
| 134LA 11 |          |    |    | 0.220        | 11          |
| 134LA 12 |          |    |    | 0.252 (1)+   | 12          |
| 134LA 13 |          |    |    | 0.275        | 13          |
| 134LA 14 |          |    |    | 0.294 (1)+   | 14          |
| 134LA 15 |          |    |    | 0.329        | 15          |
| 134LA 16 |          |    |    | 0.336        | 16          |

S-p = 4.954 ( 0.020)-----

S-n = 7.796 ( 0.034)-----

S-2p = 12.644 ( 0.020)-----

S-2n = 17.638 ( 0.041)-----

S-alpha= 0.744 ( 0.022)-----

S+p = -6.687 ( 0.022)

S+n = -9.496 ( 0.022)

S+2p = -10.700 ( 0.023)

S+2n = -16.961 ( 0.057)

S+alpha = -0.335 ( 0.022)

gap p = -1.733 ( 0.030)

gap n = -1.701 ( 0.041)

gap 2p = 1.944 ( 0.030)

gap 2n = 0.677 ( 0.070)

gap alpha = 0.409 ( 0.031)