

$^{138}\text{La}$        $Z = 57$        $N = 81$       adopted link      ENSDF link

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

BE = 1155.762 ( 0.000) MeV  
 Qbeta- = 1.052 ( 0.001) MeV  
 Qbeta+ = 1.748 ( 0.000) MeV

	Energy T	J+	J-	J-other	T1/2
138LA 1	0.000	5+			1 1.03E+11 Y1
138LA 2				0.073 (3)+	2 116 NS 5
138LA 3				0.116 (2)+	3
138LA 4				0.161 (3)+	4
138LA 5				0.192 (2,3)+	5
138LA 6				0.230 (4)+	6
138LA 7				0.293 (1)+	7
138LA 8				0.413 3+,4+	8
138LA 9				0.479 3+,4+	9
138LA 10				0.510 3+,4+	10
138LA 11				0.519 3+,4+	11
138LA 12				0.642 (2)+	12
138LA 13				0.738 (2)-	13
138LA 14				0.739 (7)-	14 2.0 US 3
138LA 15				0.771	15
138LA 16				0.823 (1,2,3)-	16
138LA 17				0.837 (8)-	17
138LA 18				0.843	18
138LA 19				0.888	19
138LA 20				0.900 (4,5)-	20
138LA 21				0.915	21
138LA 22				0.929	22
138LA 23				0.936 (4,5)-	23
138LA 24				0.948	24
138LA 25				0.961 (4,5,6)-	25
138LA 26				1.033	26
138LA 27				1.058 1+,2+	27
138LA 28				1.067 (7,8)-	28
138LA 29				1.096 1+,2+	29
138LA 30				1.103	30
138LA 31				1.150	31
138LA 32				1.155	32
138LA 33				1.178 1+,2+	33
138LA 34				1.200	34
138LA 35				1.229 1+,2+	35
138LA 36				1.243 (4,5,6)-	36

138LA 37				1.257	(9)-	37
138LA 38				1.267	-	38
138LA 39				1.302		39
138LA 40				1.344		40
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138LA 41				1.359	1+,2+	41
138LA 42				1.375		42
138LA 43				1.385		43
138LA 44				1.425	1+,2+	44
138LA 45				1.455	1+,2+	45
138LA 46				1.466		46
138LA 47				1.490		47
138LA 48				1.520		48
138LA 49				1.531	1+,2+	49
138LA 50				1.545		50
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138LA 51				1.570	1+,2+	51
138LA 52				1.581	-	52
138LA 53				1.599		53
138LA 54				1.624	1+,2+	54
138LA 55				1.645	-	55
138LA 56				1.656		56
138LA 57				1.676		57
138LA 58				1.687	1+,2+	58
138LA 59				1.707		59
138LA 60				1.713	+	60
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138LA 61				1.722		61
138LA 62				1.733	1+,2+	62
138LA 63				1.739		63
138LA 64				1.756	+	64
138LA 65				1.788	+	65
138LA 66				2.002	(10-)	66
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S-alpha=	2.047	(	0.000)			
138LA 67				2.353	(11-)	67
138LA 68				2.476	(12-)	68
138LA 69				2.939	(13-)	69
138LA 70				3.190	(14-)	70
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138LA 71				3.515	(13+)	71
138LA 72				3.575	(14-)	72
138LA 73				3.726	(14+)	73
138LA 74				3.772	(14+)	74
138LA 75				3.961	(15+)	75
138LA 76				4.099	(15-)	76
138LA 77				4.153	(15+)	77
138LA 78				4.468	(16-)	78
138LA 79				0.000		79

S-p = 6.081 ( 0.000)-----  
S-n = 7.444 ( 0.002)-----  
S-2p = 14.753 ( 0.002)-----  
S-2n = 16.619 ( 0.053)-----  
S-alpha= 2.047 ( 0.000)-----

S+p = -7.733 ( 0.002)  
S+n = -8.780 ( 0.001)  
S+2p = -12.751 ( 0.006)  
S+2n = -13.941 ( 0.001)  
S+alpha = 0.302 ( 0.002)

gap p = -1.652 ( 0.002)  
gap n = -1.336 ( 0.002)  
gap 2p = 2.002 ( 0.006)  
gap 2n = 2.677 ( 0.053)  
gap alpha = 2.349 ( 0.002)