

$^{141}\text{La}$        $Z = 57$        $N = 84$       adopted link      ENSDF link

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

BE = 1176.392 ( 0.004) MeV

Qbeta- = 2.501 ( 0.004) MeV

|          | Energy T | J+       | J-    | J-other      | T1/2            |
|----------|----------|----------|-------|--------------|-----------------|
| -----    |          |          |       |              |                 |
| S-alpha= | -1.191   | ( 0.004) | ----- |              |                 |
| 141LA 1  |          |          |       | 0.000 (7/2+) | 1 3.92 H 3      |
| 141LA 2  |          |          |       | 0.190 (5/2+) | 2 1.27 NS +6-10 |
| 141LA 3  |          |          |       | 0.304 (5/2+) | 3               |
| 141LA 4  |          |          |       | 0.467 (3/2+) | 4               |
| 141LA 5  |          |          |       | 0.580 (1/2+) | 5               |
| 141LA 6  |          |          |       | 0.648 (3/2+) | 6               |
| 141LA 7  |          |          |       | 0.685        | 7               |
| 141LA 8  |          |          |       | 0.826        | 8               |
| 141LA 9  |          |          |       | 0.832        | 9               |
| 141LA 10 |          |          |       | 0.929 (5/2+) | 10              |
| -----    |          |          |       |              |                 |
| 141LA 11 |          |          |       | 0.992        | 11              |
| 141LA 12 |          |          |       | 1.039        | 12              |
| 141LA 13 |          |          |       | 1.067        | 13              |
| 141LA 14 |          |          |       | 1.172        | 14              |
| 141LA 15 |          |          |       | 1.189        | 15              |
| 141LA 16 |          |          |       | 1.426        | 16              |
| 141LA 17 |          |          |       | 1.502        | 17              |
| 141LA 18 |          |          |       | 1.551        | 18              |
| 141LA 19 |          |          |       | 1.566        | 19              |
| 141LA 20 |          |          |       | 1.628        | 20              |
| -----    |          |          |       |              |                 |
| 141LA 21 |          |          |       | 1.717        | 21              |
| 141LA 22 |          |          |       | 1.741        | 22              |
| 141LA 23 |          |          |       | 1.844        | 23              |
| 141LA 24 |          |          |       | 1.873        | 24              |
| 141LA 25 |          |          |       | 1.926        | 25              |
| 141LA 26 |          |          |       | 2.181        | 26              |
| 141LA 27 |          |          |       | 2.218        | 27              |
| 141LA 28 |          |          |       | 2.294        | 28              |
| 141LA 29 |          |          |       | 2.376        | 29              |
| 141LA 30 |          |          |       | 2.385        | 30              |
| -----    |          |          |       |              |                 |
| 141LA 31 |          |          |       | 2.441        | 31              |
| 141LA 32 |          |          |       | 2.469        | 32              |
| 141LA 33 |          |          |       | 2.744        | 33              |

S-p = 6.951 ( 0.009)-----

S-n = 6.689 ( 0.004)-----  
S-2p = 16.807 ( 0.005)-----  
S-2n = 11.850 ( 0.004)-----  
S-alpha= -1.191 ( 0.004)-----

S+p = -8.892 ( 0.005)  
S+n = -5.166 ( 0.008)  
S+2p = -14.716 ( 0.005)  
S+2n = -11.384 ( 0.008)  
S+alpha = 0.879 ( 0.008)

gap p = -1.941 ( 0.010)  
gap n = 1.523 ( 0.009)  
gap 2p = 2.090 ( 0.007)  
gap 2n = 0.466 ( 0.009)  
gap alpha = -0.312 ( 0.009)