

^{142}La $Z = 57$ $N = 85$ adopted link ENSDF link

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

BE = 1181.557 (0.006) MeV

Qbeta- = 4.509 (0.007) MeV

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

S-alpha=	-0.438	(0.011)	-----		
142LA 1			0.000	2-	1 91.1 M 5
142LA 2				0.078 (2)-	2
142LA 3				0.146 (4)-	3 0.87 US 17
142LA 4				0.147 -	4
142LA 5				0.231	5
142LA 6			0.255	1-	6
142LA 7				0.300	7
142LA 8			0.309	2-	8
142LA 9				0.335 1(-)	9
142LA 10				0.361	10

142LA 11				0.364 2(-)	11
142LA 12				0.418	12
142LA 13				0.425 1(-)	13
142LA 14			0.432	1-	14
142LA 15				0.604 (1-,2-)	15
142LA 16				0.666	16
142LA 17				0.867	17
142LA 18				0.970	18
142LA 19				0.984	19
142LA 20				1.010	20

142LA 21				1.079 (1+)	21
142LA 22				1.204 (1)+	22
142LA 23				1.458 (1)+	23
142LA 24				1.539 (1)	24

S-p = 7.580 (0.008)-----

S-n = 5.166 (0.008)-----

S-2p = 17.552 (0.010)-----

S-2n = 11.854 (0.006)-----

S-alpha= -0.438 (0.011)-----

S+p = -8.871 (0.007)

S+n = -6.219 (0.010)

S+2p = -15.304 (0.007)

S+2n = -10.968 (0.014)

S+alpha = 0.926 (0.035)

gap p = -1.291 (0.011)
gap n = -1.053 (0.012)
gap 2p = 2.248 (0.012)
gap 2n = 0.886 (0.016)
gap alpha = 0.488 (0.037)