

^{143}La $Z = 57$ $N = 86$ adopted link ENSDF link

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

BE = 1187.776 (0.007) MeV

Qbeta- = 3.435 (0.008) MeV

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

S-alpha=	-0.105	(0.008)	-----		
143LA 1				0.000 (7/2)+	1 14.2 M 1
143LA 2				0.030 (3/2)+	2
143LA 3				0.208 3/2+,5/2+	3
143LA 4				0.211 (5/2)+	4 0.69 NS 7
143LA 5				0.291 (5/2)+	5
143LA 6				0.425	6
143LA 7				0.462	7
143LA 8				0.466 (5/2)+	8
143LA 9				0.643 +	9
143LA 10				0.667	10

143LA 11				0.699	11
143LA 12				0.789 (9/2+)	12
143LA 13				0.831	13
143LA 14				0.884	14
143LA 15				0.925 (5/2)-	15
143LA 16				0.956	16
143LA 17				0.973	17
143LA 18				1.010 (5/2)-	18
143LA 19				1.056	19
143LA 20				1.067	20

143LA 21				1.110	21
143LA 22				1.215	22
143LA 23				1.225	23
143LA 24				1.291	24
143LA 25				1.303	25
143LA 26				1.325 (11/2+)	26
143LA 27				1.359 (11/2-)	27
143LA 28				1.365	28
143LA 29				1.408 (5/2)-	29
143LA 30				1.449	30

143LA 31				1.453 (13/2+)	31
143LA 32				1.498	32
143LA 33				1.503	33
143LA 34				1.559	34
143LA 35				1.565	35
143LA 36				1.569	36

143LA 37				1.633		37
143LA 38				1.758		38
143LA 39				1.763		39
143LA 40				1.779	(15/2+)	40

143LA 41				1.858	(15/2-)	41
143LA 42				1.958		42
143LA 43				1.983		43
143LA 44				2.143	(17/2+)	44
143LA 45				2.194		45
143LA 46				2.224		46
143LA 47				2.292	(3/2)-	47
143LA 48				2.296		48
143LA 49				2.307		49
143LA 50				2.327		50

143LA 51				2.347	(5/2)-	51
143LA 52				2.371		52
143LA 53				2.374	(19/2+)	53
143LA 54				2.379		54
143LA 55				2.473	(19/2-)	55
143LA 56				2.533		56
143LA 57				2.798	(21/2+)	57
143LA 58				3.015	(23/2+)	58
143LA 59				3.118	(23/2-)	59
143LA 60				3.218	(25/2-)	60

143LA 61				3.629	(27/2+)	61
143LA 62				3.832	(29/2-)	62
143LA 63				4.350	(33/2-)	63

S-p = 7.618 (0.009)-----
S-n = 6.219 (0.010)-----
S-2p = 18.272 (0.012)-----
S-2n = 11.384 (0.008)-----
S-alpha= -0.105 (0.008)-----

S+p = -9.549 (0.008)
S+n = -4.750 (0.015)
S+2p = -16.033 (0.010)
S+2n = -10.807 (0.014)
S+alpha = 0.302 (0.017)

gap p = -1.931 (0.012)
gap n = 1.469 (0.018)
gap 2p = 2.239 (0.016)
gap 2n = 0.578 (0.017)
gap alpha = 0.198 (0.019)