

$^{144}\text{La}$        $Z = 57$        $N = 87$       adopted link      ENSDF link

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

BE = 1192.526 ( 0.013) MeV

Qbeta- = 5.582 ( 0.013) MeV

	Energy T	J+	J-	J-other	T1/2
144LA 1				0.000 (3-)	1 40.8 S 4
144LA 2				0.016 (4-)	2
144LA 3				0.104 (2-)	3
144LA 4				0.173 (2-)	4
144LA 5				0.182 (3-)	5
144LA 6				0.186 (1-)	6
144LA 7				0.215 (1-)	7
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S-alpha=	0.225 ( 0.015)				
144LA 8				0.295 (2-,1-)	8)
144LA 9				0.301 (0-)	9
144LA 10				0.311	10
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144LA 11				0.383 (1-,2-)	11
144LA 12				0.401 (2-)	12
144LA 13				0.475 (1-)	13
144LA 14				0.475 (1-)	14
144LA 15				0.477	15
144LA 16				0.550	16
144LA 17	0.603	1+			17
144LA 18				0.655	18
144LA 19				0.670	19
144LA 20				0.741	20
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144LA 21	0.756	1+			21
144LA 22	0.991	1+			22
144LA 23	1.086	1+			23
144LA 24				1.117	24
144LA 25				1.224	25
144LA 26				1.240	26

S-p = 8.201 ( 0.015)-----

S-n = 4.750 ( 0.015)-----

S-2p = 18.913 ( 0.015)-----

S-2n = 10.968 ( 0.014)-----

S-alpha= 0.225 ( 0.015)-----

S+p = -9.506 ( 0.036)

S+n = -6.057 ( 0.018)

S+2p = -16.402 ( 0.037)

S+2n = -10.514 ( 0.013)  
S+alpha = -0.111 ( 0.020)

gap p = -1.305 ( 0.039)  
gap n = -1.307 ( 0.023)  
gap 2p = 2.511 ( 0.040)  
gap 2n = 0.454 ( 0.019)  
gap alpha = 0.114 ( 0.025)