

^{145}La $Z = 57$ $N = 88$ adopted link ENSDF link

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

BE = 1198.583 (0.012) MeV

Qbeta- = 4.232 (0.036) MeV

	Energy T	J+	J-	J-other	T1/2
145LA 1				0.000 (5/2+)	1 24.8 S 20
145LA 2				0.066 (7/2+)	2 9 NS 2
145LA 3				0.097 (+)	3
145LA 4				0.189 (+)	4
145LA 5				0.238 (9/2+)	5
145LA 6				0.352 (+)	6
145LA 7				0.380 (11/2+)	7
145LA 8				0.475	8
145LA 9				0.492	9
145LA 10				0.514	10
145LA 11				0.544	11
145LA 12				0.572 (11/2-)	12
145LA 13				0.599	13
145LA 14				0.622 (13/2+)	14
145LA 15				0.637	15
145LA 16				0.734	16
S-alpha=	0.783 (0.015)				
145LA 17				0.805 (15/2-)	17
145LA 18				0.811 (15/2+)	18
145LA 19				0.827	19
145LA 20				0.922	20
145LA 21				0.974	21
145LA 22				1.033	22
145LA 23				1.095 (17/2+)	23
145LA 24				1.171 (17/2-)	24
145LA 25				1.171 (19/2-)	25
145LA 26				1.177	26
145LA 27				1.315 (19/2+)	27
145LA 28				1.599 (21/2-)	28
145LA 29				1.627 (21/2+)	29
145LA 30				1.647 (23/2-)	30
145LA 31				1.862 (23/2+)	31
145LA 32				2.118 (25/2-)	32
145LA 33				2.186 (25/2+)	33
145LA 34				2.210 (27/2-)	34
145LA 35				2.427 (27/2+)	35
145LA 36				2.566	36

145LA	37				2.688	(29/2+)	37
145LA	38				2.714	(29/2-)	38
145LA	39				2.846	(31/2-)	39
145LA	40				2.998	(31/2+)	40

145LA	41				3.150	(33/2+)	41
145LA	42				3.390	(33/2-)	42
145LA	43				3.410	(35/2-)	43
145LA	44				3.596	(37/2+)	44
145LA	45				4.153	(41/2+)	45

S-p = 8.357 (0.014)-----
 S-n = 6.057 (0.018)-----
 S-2p = 19.738 (0.014)-----
 S-2n = 10.807 (0.014)-----
 S-alpha= 0.783 (0.015)-----

S+p = -10.079 (0.019)
 S+n = -4.457 (0.012)
 S+2p = -17.187 (0.020)
 S+2n = -9.986 (0.016)
 S+alpha = -0.629 (0.016)

gap p = -1.722 (0.024)
 gap n = 1.600 (0.022)
 gap 2p = 2.551 (0.025)
 gap 2n = 0.821 (0.022)
 gap alpha = 0.154 (0.022)