^{146}La $Z = 57$ $N = 89$ adopted link   ENSDF link

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

BE   =   1203.040 (0.002) MeV
Qbeta- =   6.405 (0.015) MeV

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

| 146LA 1 | | | | | 0.000   (2-) | 1 6.1 S   3 |

S-p   =   8.994 (0.009)--
S-n   =   4.457 (0.012)--
S-2p   = 20.528 (0.020)--
S-2n   = 10.514 (0.013)--
S-alpha=   1.132 (0.007)--

S+p   = -10.082 (0.009)
S+n   = -5.528 (0.011)
S+2p   = -17.892 (0.015)
S+2n   = -9.630 (0.020)
S+alpha   = -1.504 (0.009)

gap p   = -1.088 (0.012)
gap n   = -1.071 (0.016)
gap 2p   =   2.636 (0.025)
gap 2n   =   0.884 (0.023)
gap alpha = -0.373 (0.012)

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