

^{148}La $Z = 57$ $N = 91$ adopted link ENSDF link

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

BE = 1212.670 (0.019) MeV

Qbeta- = 7.690 (0.022) MeV

	Energy T	J+	J-	J-other	T1/2
148LA 1				0.000 (2-)	1 1.26 S 8
148LA 2				0.047 (1-,2-)	2
148LA 3				0.056 (1+)	3 67 NS 4
148LA 4				0.061 (-)	4
148LA 5				0.110 (1+)	5
148LA 6				0.134 (-)	6
148LA 7				0.141 (2+)	7
148LA 8				0.154	8
148LA 9				0.159	9
148LA 10				0.169	10
148LA 11				0.201	11
148LA 12				0.218	12
148LA 13				0.230	13
148LA 14				0.261	14
148LA 15				0.282 (3+)	15
148LA 16				0.287	16
148LA 17				0.339	17
148LA 18				0.351 (4+)	18
148LA 19				0.364	19
148LA 20				0.369	20
148LA 21				0.401	21
148LA 22				0.442 (5+)	22
148LA 23				0.472	23
148LA 24				0.500	24
148LA 25				0.538	25
148LA 26				0.554	26
148LA 27				0.663 (6+)	27
148LA 28				0.708 (7+)	28
148LA 29				0.717	29
148LA 30				0.831	30
148LA 31				1.060 (8+)	31
148LA 32				1.102 (9+)	32
148LA 33				1.229	33
148LA 34				1.252	34
148LA 35				1.496 (10+)	35
148LA 36				1.612 (11+)	36
S-alpha=	1.862 (0.028)				

148LA	37				1.980	(12+)	37
148LA	38				2.226	(13+)	38

S-p = 9.734 (0.028)-----
 S-n = 4.102 (0.022)-----
 S-2p = 21.976 (0.020)-----
 S-2n = 9.630 (0.020)-----
 S-alpha= 1.862 (0.028)-----

S+p = -11.250 (0.022)
 S+n = -5.582 (0.201)
 S+2p = -20.170 (0.021)
 S+2n = -9.745 (0.020)
 S+alpha = -3.474 (0.027)

gap p = -1.516 (0.035)
 gap n = -1.480 (0.202)
 gap 2p = 1.807 (0.029)
 gap 2n = -0.115 (0.028)
 gap alpha = -1.612 (0.039)