

^{149}La $Z = 57$ $N = 92$ adopted link ENSDF link

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

BE = 1218.252 (0.200) MeV

Qbeta- = 6.450 (0.201) MeV

	Energy T	J+	J-	J-other	T1/2
149LA 1				0.000 (3/2-)	1 1.05 S 3
149LA 2				0.046 (-)	2
149LA 3				0.083 (+)	3
149LA 4				0.164 (+)	4
149LA 5				0.226 (-)	5
149LA 6				0.286 (+)	6
149LA 7				0.357 (-)	7
149LA 8				0.506 (+)	8
149LA 9				0.517 (-)	9
149LA 10				0.844 (-)	10
149LA 11				0.894 (+)	11

S-p = 9.964 (0.200)-----
 S-n = 5.582 (0.201)-----
 S-2p = 22.878 (0.200)-----
 S-2n = 9.684 (0.201)-----
 S-alpha= 2.590 (0.200)-----

S+p = -11.916 (0.201)
 S+n = -4.163 (0.200)
 S+2p = -21.138 (0.201)
 S+2n = -9.233 (0.479)
 S+alpha = -3.774 (0.201)

gap p = -1.952 (0.283)
 gap n = 1.420 (0.284)
 gap 2p = 1.740 (0.284)
 gap 2n = 0.451 (0.520)
 gap alpha = -1.183 (0.284)