

^{150}La $Z = 57$ $N = 93$ adopted link ENSDF link

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

BE = 1222.415 (0.003) MeV

Qbeta- = 8.536 (0.012) MeV

	Energy T	J+	J-	J-other	T1/2
150LA	1			0.000 (3+)	1 0.59 S 11

S-p = 10.770 (0.004)-----

S-n = 4.163 (0.200)-----

S-2p = 23.978 (0.013)-----

S-2n = 9.745 (0.020)-----

S-alpha= 3.426 (0.004)-----

S+p = -12.203 (0.018)

S+n = -5.070 (0.435)

S+2p = -22.025 (0.019)

S+2n = -9.089 (0.304)

S+alpha = -3.973 (0.100)

gap p = -1.433 (0.018)

gap n = -0.908 (0.479)

gap 2p = 1.953 (0.023)

gap 2n = 0.656 (0.305)

gap alpha = -0.547 (0.100)