

^{151}La $Z = 57$ $N = 94$ adopted link ENSDF link

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

BE = 1227.485 (0.435) MeV

Qbeta- = 7.915 (0.436) MeV

	Energy T	J+	J-	J-other	T1/2
151La	1			0.000 (1/2+)	1 0.457 S +30-18

S-p = 10.709 (0.436)-----

S-n = 5.070 (0.435)-----

S-2p = 24.609 (0.624)-----

S-2n = 9.233 (0.479)-----

S-alpha= 3.815 (0.436)-----

S+p = -12.987 (0.461)

S+n = -4.019 (0.531)

S+2p = -22.836 (0.436)

S+2n = -8.907 (0.532)

S+alpha = -4.530 (0.436)

gap p = -2.277 (0.634)

gap n = 1.052 (0.687)

gap 2p = 1.772 (0.761)

gap 2n = 0.326 (0.716)

gap alpha = -0.715 (0.616)