

^{153}La $Z = 57$ $N = 96$ adopted link ENSDF link

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

BE = 1236.393 (-0.306) MeV

Qbeta- = 8.891 (0.342) MeV

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

153LA	1			0.000	1 0.245 S 18

S-p = 11.729 (-0.549)-----

S-n = 4.889 (-0.431)-----

S-2p = 26.430 (-0.547)-----

S-2n = 8.907 (-0.532)-----

S-alpha= 5.220 (-0.542)-----

S+p = -13.471 (-0.343)

S+n = -3.461 (-0.434)

S+2p = -23.918 (-0.306)

S+2n = -7.947 (-0.557)

S+alpha = -4.785 (-0.306)

gap p = -1.742 (0.647)

gap n = 1.428 (0.612)

gap 2p = 2.512 (0.627)

gap 2n = 0.960 (0.770)

gap alpha = 0.436 (0.622)