

^{144}Ce $Z = 58$ $N = 86$ [link to full NNDC output](#)

Based on ENSDF from Dec 2018, and mass evaluation from 2016

BE = 1197.325 (0.003) MeV

Qbeta- = 0.319 (0.004) MeV

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

S-alpha=	-0.413	(0.008)	-----		
144CE 1	0.000	0+			1 284.91 D 5
144CE 2	0.397	2+			2 35.4 PS 20
144CE 3	0.939	4+			3
144CE 4				1.242 (3-)	4
144CE 5				1.346 (1)	5
144CE 6				1.489 2(+)	6
144CE 7				1.524 (5-)	7
144CE 8				1.647 (6+)	8
144CE 9	1.674	4+			9
144CE 10				1.692 3(+)	10

144CE 11	1.819	2+			11
144CE 12	1.829	4+			12
144CE 13				1.865 1	13
144CE 14				1.891 5(+),3	14
144CE 15				1.992 3,5	15
144CE 16				1.994 (7-)	16
144CE 17				2.021 3(+)	17
144CE 18				2.029 1(+)	18
144CE 19				2.041 3(+)	19
144CE 20				2.112 2+, (1+)	20

144CE 21				2.127 2+,3(+),4	21
144CE 22	2.153	2+			22
144CE 23				2.221 4(-)	23
144CE 24				2.340 2(+)	24
144CE 25	2.353	2+			25
144CE 26				2.369 (8+)	26
144CE 27				2.405 3,2(+)	27
144CE 28				2.447	28
144CE 29				2.534 3(+)	29
144CE 30				2.537 2,3(+),4	30

144CE 31				2.623	31
144CE 32				2.637 (9-)	32
144CE 33				2.642 4(+), (2+)	33
144CE 34				2.693 4(+),3	34
144CE 35	2.750	2+			35
144CE 36				2.803	36

144CE	37				2.882	3,5(-)	37
144CE	38	2.882	2+				38
144CE	39				2.904	(3-,4+,2)	39
144CE	40				2.937		40

144CE	41	2.999	2+				41
144CE	42				3.008	1(-),2+	42
144CE	43				3.060	1(-)	43
144CE	44				3.173	2,3	44
144CE	45				3.197	4(+),(3+)	45
144CE	46				3.209		46
144CE	47				3.239	4(-),(2)	47
144CE	48				3.263	(2+,3,4+)	48
144CE	49				3.279		49
144CE	50				3.293		50

144CE	51				3.336	(11-)	51
144CE	52				3.372		52
144CE	53				3.396		53
144CE	54				3.408		54
144CE	55				3.424		55
144CE	56				3.566		56
144CE	57				3.597		57
144CE	58				3.614		58
144CE	59				3.629	1(-),2+	59
144CE	60				3.635	1(-),2+	60

144CE	61				3.790		61
144CE	62				3.974		62

S-p = 9.549 (0.008)-----
S-n = 6.896 (0.004)-----
S-2p = 17.167 (0.007)-----
S-2n = 12.041 (0.004)-----
S-alpha= -0.413 (0.008)-----

S+p = -6.483 (0.008)
S+n = -4.707 (0.034)
S+2p = -15.072 (0.003)
S+2n = -11.346 (0.017)
S+alpha = 0.599 (0.004)

gap p = 3.066 (0.011)
gap n = 2.190 (0.034)
gap 2p = 2.095 (0.007)
gap 2n = 0.695 (0.017)
gap alpha = 0.186 (0.009)