

^{145}Ce $Z = 58$ $N = 87$ adopted link ENSDF link

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

BE = 1202.032 (0.034) MeV

Qbeta- = 2.559 (0.035) MeV

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

S-alpha=	-0.241	(0.034)	-----		
145CE 1				0.000 (5/2-)	1 3.01 M 6
145CE 2				0.064 (-)	2 13 NS 3
145CE 3				0.070 (7/2-)	3
145CE 4				0.118	4
145CE 5				0.168 (9/2-)	5
145CE 6				0.234	6
145CE 7				0.356	7
145CE 8				0.381	8
145CE 9				0.447	9
145CE 10				0.506	10

145CE 11				0.522	11
145CE 12				0.548 (13/2-)	12
145CE 13				0.633	13
145CE 14				0.664	14
145CE 15				0.672	15
145CE 16				0.709	16
145CE 17				0.840	17
145CE 18				0.946 (9/2+)	18
145CE 19				0.960	19
145CE 20				1.002	20

145CE 21				1.021	21
145CE 22				1.031	22
145CE 23				1.045 (13/2+)	23
145CE 24				1.113 (17/2-)	24
145CE 25				1.126 (15/2+)	25
145CE 26				1.155	26
145CE 27				1.166	27
145CE 28				1.285	28
145CE 29				1.428 (17/2+)	29
145CE 30				1.495 (19/2+)	30

145CE 31				1.511	31
145CE 32				1.597	32
145CE 33				1.690	33
145CE 34				1.841 (21/2-)	34
145CE 35				1.890	35
145CE 36				1.946	36

145CE	37				1.948	(21/2+)	37
145CE	38				2.015	(23/2+)	38
145CE	39				2.156		39
145CE	40				2.206		40

145CE	41				2.360		41
145CE	42				2.377		42
145CE	43				2.544		43
145CE	44				2.607		44
145CE	45				2.622	(25/2+)	45
145CE	46				2.688	(27/2+)	46
145CE	47				2.811		47
145CE	48				3.268	(29/2+)	48
145CE	49				3.320		49
145CE	50				3.360	(29/2+)	50

145CE	51				3.476	(31/2+)	51
145CE	52				3.921	(33/2+)	52
145CE	53				4.590	(37/2+)	53

S-p = 9.506 (0.036)-----
S-n = 4.707 (0.034)-----
S-2p = 17.708 (0.035)-----
S-2n = 11.603 (0.034)-----
S-alpha= -0.241 (0.034)-----

S+p = -6.896 (0.048)
S+n = -6.630 (0.037)
S+2p = -15.658 (0.034)
S+2n = -11.089 (0.035)
S+alpha = 0.267 (0.034)

gap p = 2.611 (0.060)
gap n = -1.924 (0.050)
gap 2p = 2.050 (0.048)
gap 2n = 0.514 (0.049)
gap alpha = 0.026 (0.048)