

^{144}Pr $Z = 59$ $N = 85$ adopted link ENSDF link

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

BE = 1196.862 (0.003) MeV

Qbeta- = 2.998 (0.003) MeV

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

S-alpha=	-1.137	(0.003)	-----		
144PR	1		0.000	0-	
					1 17.28 M 5
144PR	2		0.059	3-	
					2 7.2 M 3
144PR	3		0.080	1-	
					3 136 PS 9
144PR	4		0.100	2-	
					4 0.66 NS 6
144PR	5		0.134	1-	
					5 7 PS 4

S-p = 6.433 (0.004)-----

S-n = 5.754 (0.003)-----

S-2p = 15.304 (0.007)-----

S-2n = 13.107 (0.003)-----

S-alpha= -1.137 (0.003)-----

S+p = -7.971 (0.003)

S+n = -6.947 (0.008)

S+2p = -13.282 (0.005)

S+2n = -12.066 (0.034)

S+alpha = 1.460 (0.006)

gap p = -1.537 (0.005)

gap n = -1.193 (0.008)

gap 2p = 2.023 (0.009)

gap 2n = 1.041 (0.035)

gap alpha = 0.323 (0.007)