

$^{145}\text{Pr}$        $Z = 59$        $N = 86$       adopted link      ENSDF link

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

BE = 1203.809 ( 0.007) MeV

Qbeta- = 1.806 ( 0.007) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-0.879	( 0.008)	-----		
145PR 1	0.000	7/2+			1 5.984 H 10
145PR 2	0.063	5/2+			2 4.0 NS 16
145PR 3				0.189 (3/2)+	3
145PR 4	0.347	3/2+			4
145PR 5	0.351	5/2+			5
145PR 6				0.540	6
145PR 7				0.550 7/2+,9/2+	7
145PR 8	0.555	3/2+			8
145PR 9				0.697	9
145PR 10				0.766	10
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145PR 11				0.787 (3/2)-	11
145PR 12				0.806 (3/2)+	12
145PR 13				0.836	13
145PR 14				0.846	14
145PR 15				0.859	15
145PR 16				0.948	16
145PR 17				0.960 (7/2+)	17
145PR 18				1.047	18
145PR 19				1.111 (5/2)+	19
145PR 20			1.211 5/2-		20
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145PR 21				1.244	21
145PR 22				1.318	22
145PR 23				1.330	23
145PR 24				1.493	24
145PR 25				1.560	25
145PR 26				1.609	26

S-p = 6.483 ( 0.008)-----

S-n = 6.947 ( 0.008)-----

S-2p = 16.033 ( 0.010)-----

S-2n = 12.701 ( 0.007)-----

S-alpha= -0.879 ( 0.008)-----

S+p = -8.589 ( 0.007)

S+n = -5.119 ( 0.035)

S+2p = -13.994 ( 0.007)

S+2n = -11.961 ( 0.017)  
S+alpha = 1.137 ( 0.007)

gap p = -2.105 ( 0.011)  
gap n = 1.828 ( 0.036)  
gap 2p = 2.039 ( 0.013)  
gap 2n = 0.740 ( 0.019)  
gap alpha = 0.258 ( 0.011)