

^{144}Tb $Z = 65$ $N = 79$ adopted link ENSDF link

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

BE = 1173.785 (0.028) MeV

Qbeta+ = 9.391 (0.040) MeV

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

S-alpha=	-2.193	(0.059)	-----		
144TB 1	0.000	1+			1 1 S AP
144TB 2				0.197 (1+)	2
144TB 3				0.284 (3+)	3
144TB 4				0.299 (1+)	4
144TB 5				0.397 (6-)	5 4.25 S 15
144TB 6				0.475 (1+)	6
144TB 7				0.476 (8-)	7 2.8 US 3
144TB 8				0.517 (9+)	8 0.67 US 6
144TB 9				0.544 (10+)	9 300 NS LT
144TB 10				0.978 (11+)	10

144TB 11				1.127	11
144TB 12				1.209 (12+)	12
S-p =	1.426	(0.202)	-----		
144TB 13				1.787 (13+)	13
144TB 14				2.155	14
144TB 15				2.183	15
144TB 16				2.261 (14+)	16
144TB 17				2.514 (13)	17
144TB 18				2.586 (13)	18
144TB 19				2.742 (14)	19
144TB 20				2.780 (15+)	20

144TB 21				2.918 (15)	21
144TB 22				2.983 (16+)	22
144TB 23				3.130 (16)	23
144TB 24				3.276 (17)	24
144TB 25				3.433 (17+)	25
144TB 26				3.705 (18)	26
144TB 27				3.713 (18+)	27
144TB 28				4.058 (19)	28
144TB 29				4.631 (20)	29
144TB 30				4.665	30

144TB 31				5.164	31
144TB 32				5.380	32

S-p = 1.426 (0.202)-----

S-n = 10.020 (0.058)-----
S-2p = 5.637 (0.041)-----
S-2n = 21.951 (0.701)-----
S-alpha= -2.193 (0.059)-----

S+p = -3.163 (0.029)
S+n = -12.103 (0.114)
S+2p = -3.448 (0.029)
S+2n = -21.538 (0.053)
S+alpha = 1.952 (0.088)

gap p = -1.737 (0.204)
gap n = -2.083 (0.128)
gap 2p = 2.189 (0.050)
gap 2n = 0.413 (0.703)
gap alpha = -0.241 (0.106)