	History		
Туре	Author	Citation	Literature Cutoff Date
Full Evaluation	Yu. Khazov and A. Rodionov, F. G. Kondev	NDS 112,855 (2011)	31-Oct-2010

Parent: ¹³³Ce: E=37.2 7; $J^{\pi}=9/2^-$; $T_{1/2}=5.1$ h 3; $Q(\varepsilon)=3071$ 32; $\%\varepsilon+\%\beta^+$ decay ≤ 100

1978He16: ¹³³Ce ε (5.1 h) [from Ba(α ,xn)]; measured E γ , I γ , $\gamma\gamma$, ce; deduced levels, α (exp), log *ft*. Ge(Li) detectors, Compton suppressed system, magnetic spectrometer, chemical procedure and mass-separator. 1984Gr30: ¹³³Ce ε (5.1 h) [from Gd(p,X), E=660 MeV]; measured ce; deduced α (exp), δ . Magnetic spectrograph.

Other measurements: 1967Ab10, 1968Ge01, 1968Ab02, 1973Mo08, 1984Is06.

¹³³ La Lo	evels
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E(level) [†]	$J^{\pi \ddagger}$	T _{1/2} #	Comments
0.0	5/2+	3.912 h 8	$T_{1/2}$: from Adopted Levels.
87.940 11	$5/2^{+}$	1.30 ns <i>10</i>	
97.259 10	3/2+	<0.4 ns	$T_{1/2}$: from 1973Mo08, delayed coincidence. Other: 0.4 ns 6 (1984Is06), ≤ 0.1 ns (1972Be77).
130.804 10	7/2+	1.12 ns 18	$T_{1/2}$: supersedes the value of 1.19 ns 20 in 1970BaYT. Other: 0.8 ns 3 (1967Ab10)
477.213 21	9/2+		(-, -, -, -, -, -, -, -, -, -, -, -, -, -
495.02 <i>3</i>	7/2+		
535.588 21	11/2-	64 ns 5	g=1.37 8 (1979BuZW) g: from $\gamma\gamma(\theta, H, t)$; =2.2 (1969GeZZ). T _{1/2} : from $\gamma(t)$ of 1975Bu10.
541.20 <i>3</i>	7/2+		1/2 $7(9)$
563.348.25	$9/2^+$		
591.25.6	$7/2.9/2^+$		
654 60 4	$11/2^+$		
765 38 6	$(5/2^+)$		
784 531 22	$(3/2)^{-}$		
838 74 4	9/2+		
867 15 7	$(7/2^+)$		
950 35 5	$(9/2)^+$		
979.91.9	$(5/2)^{-15/2^{-10}}$		
1045 025 23	$0/2^{-}$		
1002 38 5	$\frac{9}{2}$ 7/2+ 9/2+		
1153 35 5	$13/2^{-}$		
1188 56 5	13/2 $13/2^+$		
1104.632.8	$7/2 0/2^+$		
1218 90 14	7/2+		
1311.09.9	$7/2^+$ $9/2$ $11/2$		
1318 572 10	$7/2 9/2^+$		
1365 01 4	$11/2^{-}$		
1306.40.4	5/2 ⁻		
1468 86 4	$9/2^{-}$		
1561 16 10	$(11/2^{-})$		
1690 64 4	$(9/2)^{-}$		
1715 40 5	(7/2) $7/2^{-} 9/2^{-}$		
1734 15 14	$(11/2^{-})$		
1735 44 4	$(9/2)^{-}$		
1748 29 6	7/2 9/2		
1753 62 5	$7/2^{-} 9/2 11/2^{+}$		
1778 232 9	$7/2 9/2 11/2^+$		
1784 19 6	$(9/2^+ 11/2^+)$		
1784 76? 11	$7/2^{-} 9/2 11/2^{-}$		
1806 62 7	$(9/2^{-} 11/2^{-})$		
1850 90 5	$(9/2^{-})$		
1000.000	(7) -)		

¹³³ Ce ε decay (5.1 h)	1978He16 (continued)
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E(level) [†]	$J^{\pi \ddagger}$	E(level) [†]	$J^{\pi \ddagger}$	E(level) [†]	$J^{\pi \ddagger}$
1857.39 <i>3</i>	7/2-	2036.04 3	7/2-,9/2-	2250.00 9	$7/2^+, 9/2^+$
1912.81 5	9/2-	2062.16 4	9/2-	2298.5? 3	7/2,9/2+
1958.67 16	9/2-,11/2	2122.59 18	$11/2^{-}$	2359.87 8	$(7/2, 9/2, 11/2)^{-}$
1967.76 5	7/2-,9/2-	2132.08 7	7/2,9/2+	2367.35 17	$(7/2, 9/2)^+$
1983.38 10	7/2-,9/2,11/2+	2137.18 7	9/2-	2501.31 11	9/2-,11/2+
2018.26 6	7/2-	2155.17 6	$(9/2^{-})$	2572.76? 24	$(7/2^+)$
2029.84 9	7/2,9/2+	2175.64 9	$(11/2^{-})$	2734.8? 4	7/2-,9/2+
2035.22 7	$(7/2^{-}, 9/2^{-}, 11/2^{-})$	2199.95 6	$(9/2^{-})$	2851.11 22	$(9/2^{-}, 11/2^{+})$

¹³³La Levels (continued)

[†] From a least-squares fit to $E\gamma$'s. [‡] From 'Adopted Levels and gammas'. [#] From $\gamma\gamma$ (t) of 1973Mo08 and 1984Is06, except as noted.

E(decay)	E(level)	$I\beta^+$ ‡	I ε^{\ddagger}	Log ft	$I(\varepsilon + \beta^+)^{\dagger\ddagger}$	Comments
(257 32)	2851.11		0.344 25	6.13 14	0.344 25	εK=0.813 7; εL=0.145 5; εM+=0.0421 17
(373 32)	2734.8?		0.065 24	7.22 19	0.065 24	εK=0.827 3; εL=0.1341 20; εM+=0.0385 7
(535 32)	2572.76?		0.20 3	7.07 9	0.20 3	εK=0.8359 12; εL=0.1277 9; εM+=0.0364 3
(607 32)	2501.31		0.51 5	6.78 7	0.51 5	εK=0.8381 9; εL=0.1260 7; εM+=0.03586 22
$(741 \ 32)$	2367.35		0.30 4	7.19 8	0.30 4	εK=0.8410 6; εL=0.1239 5; εM+=0.03514 14
(748 32)	2359.87		0.81 6	6.77 6	0.81 6	εK=0.8411 6; εL=0.1238 4; εM+=0.03510 14
(810 32)	2298.5?		0.078 5	7.86 6	0.078 5	εK=0.8421 5; εL=0.1230 4; εM+=0.03486 12
(858 32)	2250.00		2.20 9	6.46 5	2.20 9	εK=0.8428 4; εL=0.1225 3; εM+=0.03470 10
(908 32)	2199.95		2.73 8	6.42 5	2.73 8	εK=0.8434 4; εL=0.1221 3; εM+=0.03455 9
(933 32)	2175.64		1.24 7	6.79 5	1.24 7	εK=0.8436 4; εL=0.1219 3; εM+=0.03448 9
(953 32)	2155.17		0.96 8	6.92 6	0.96 8	εK=0.8438 4; εL=0.12173 24; εM+=0.03443 8
(971 32)	2137.18		1.52 13	6.73 6	1.52 13	εK=0.8440 3; εL=0.12159 23; εM+=0.03438 8
(976 32)	2132.08		0.81 3	7.01 5	0.81 3	εK=0.8441 3; εL=0.12155 23; εM+=0.03437 8
(986 32)	2122.59		0.32 4	7.42 7	0.32 4	εK=0.8442 3; εL=0.12148 23; εM+=0.03435 8
(1046 32)	2062.16		5.42 13	6.25 4	5.42 13	εK=0.8447 3; εL=0.12107 20; εM+=0.03421 7
(1072 32)	2036.04		14.69 25	5.84 4	14.69 25	εK=0.8449 3; εL=0.12091 19; εM+=0.03416 7
(1073 32)	2035.22		1.13 7	6.95 5	1.13 7	εK=0.8449 3; εL=0.12091 19; εM+=0.03416 7
(1078 32)	2029.84		1.52 7	6.83 5	1.52 7	εK=0.8450 3; εL=0.12088 19; εM+=0.03415 7
(1090 32)	2018.26		4.54 25	6.36 5	4.54 25	εK=0.8451 3; εL=0.12081 18; εM+=0.03412 6
(1125 32)	1983.38		0.91 5	7.09 5	0.91 5	εK=0.8453 3; εL=0.12061 17; εM+=0.03406 6
(1140 32)	1967.76		2.74 8	6.62 4	2.74 8	εK=0.8454 3; εL=0.12053 17; εM+=0.03403 6
(1150 32)	1958.67		0.28 5	7.62 9	0.28 5	εK=0.8455 2; εL=0.12048 17; εM+=0.03401 6
(1195 32)	1912.81		3.29 9	6.58 4	3.29 9	εK=0.8458 2; εL=0.12024 16; εM+=0.03394 5
(1251 32)	1857.39		2.43 13	6.76 4	2.43 13	εK=0.8460 1; εL=0.11997 15; εM+=0.03385 5
(1257 32)	1850.90		3.53 10	6.60 4	3.53 10	εK=0.84599 9; εL=0.11994 15; εM+=0.03384 5
(1302 32)	1806.62		0.39 5	7.59 7	0.39 5	εK=0.8460; εL=0.11972 15; εM+=0.03377 5
(1323 32)	1784.76?		0.44 6	7.55 7	0.44 6	εK=0.8460 2; εL=0.11961 16; εM+=0.03373 5
(1324 32)	1784.19		1.01 8	7.19 5	1.01 8	εK=0.8460 2; εL=0.11961 16; εM+=0.03373 5
(1330 32)	1778.23?		0.37 5	7.63 7	0.37 5	εK=0.8459 2; εL=0.11958 16; εM+=0.03372 5
(1355 32)	1753.62	0.00031 15	0.30 6	7.74 10	0.30 6	av Eβ=160 14; εK=0.8458 3; εL=0.11945 17; εM+=0.03368 6
(1360 32)	1748.29	0.0008 4	0.72 9	7.36 7	0.72 9	av Eβ=162 14; εK=0.8458 3; εL=0.11942 17; εM+=0.03367 6
(1373 32)	1735.44	0.012 5	9.36 21	6.25 4	9.37 21	av Eβ=168 14; εK=0.8457 3; εL=0.11935 17; εM+=0.03365 6
(1374 32)	1734.15	0.0007 3	0.52 4	7.51 5	0.52 4	av $E\beta$ =168 14; εK =0.8457 4; εL =0.11935 17; εM +=0.03365 6
(1393 32)	1715.40	0.0053 20	3.20 12	6.73 4	3.21 12	av Eβ=177 14; εK=0.8455 4; εL=0.11924 18;

 ε, β^+ radiations

Continued on next page (footnotes at end of table)

¹³³Ce ε decay (5.1 h) 1978He16 (continued)

ϵ, β^+ radiations (continued)

E(decay)	E(level)	Ιβ ⁺ ‡	$I\varepsilon^{\ddagger}$	Log <i>ft</i>	$I(\varepsilon + \beta^+)^{\dagger \ddagger}$	Comments
(1418 32)	1690.64	0.008 3	3.89 13	6.66 4	3.90 13	εM +=0.03361 6 av E β =188 14; εK =0.8452 5; εL =0.11910 19; εM ==0.03357 6
(1547 32)	1561.16	0.0033 9	0.50 8	7.64 8	0.50 8	av $E\beta$ =245 14; ε K=0.8419 13; ε L=0.1182 3;
(1639 32)	1468.86	0.015 3	1.19 8	7.31 5	1.24 8	ϵ M+=0.03329 8 av E β =285 14; ϵ K=0.8375 19; ϵ L=0.1173 4;
(1743 32)	1365.01	0.0086 25	0.39 10	7.85 12	0.40 10	$\epsilon M += 0.03302 TI$ av $\epsilon \beta = 330 T4; \epsilon \epsilon E = 0.830 3; \epsilon L = 0.1159 5;$
(1790 32)	1318.57?	0.013 2	0.46 5	7.80 6	0.47 5	εM +=0.03263 14 av E β =351 14; εK =0.825 4; εL =0.1152 6; εM +=0.03242 15
(1797 32)	1311.09	0.0092 17	0.32 4	7.96 6	0.33 4	av $E\beta$ =354 14; ϵ K=0.825 4; ϵ L=0.1151 6; ϵ M+=0.0328 16
(1889 32)	1218.90	0.030 5	0.69 7	7.67 6	0.72 7	av $E\beta$ =394 14; ϵ K=0.814 5; ϵ L=0.1133 7; ϵ M+=0.0318 19
(1914 32)	1194.63?	0.016 3	0.33 4	8.00 6	0.35 4	av $E\beta$ =405 14; ϵ K=0.810 5; ϵ L=0.1128 7; ϵ M = 0.03174 20
(1920 32)	1188.56	0.013 5	0.27 10	8.10 16	0.28 10	av $E\beta$ =408 14; ϵ K=0.810 5; ϵ L=0.1127 7; ϵ M==0.03170 20
(2016 32)	1092.38	0.046 7	0.67 8	7.74 7	0.72 9	av $E\beta$ =450 14; ε K=0.794 6; ε L=0.1103 9;
(2062 32)	1045.925	0.65 8	8.0 6	6.68 5	8.7 6	$\epsilon \text{IM} +=0.05105 25$ av $\epsilon \beta = 470 14$; $\epsilon \text{K} = 0.786 6$; $\epsilon \text{L} = 0.1091 9$;
(2158 32)	950.35	0.20 3	1.87 19	7.36 6	2.07 21	ϵM +=0.0306/25 av E β =512 14; ϵK =0.766 7; ϵL =0.1062 10;
(2241 32)	867.15	0.061 10	0.44 6	8.02 7	0.50 7	εM +=0.0299 3 av E β =549 14; εK =0.746 8; εL =0.1033 11;
(2270 32)	838.24	0.017 9	0.11 6	8.62 24	0.13 7	εM +=0.0290 3 av E β =562 14; εK =0.739 8; εL =0.1023 12;
(2324 32)	784.531	0.16 6	0.9 <i>3</i>	7.72 16	1.1 4	εM +=0.0288 4 av E β =586 14; εK =0.725 9; εL =0.1003 12;
(2454 32)	654.60	0.04 3	0.19 13	8.5 <i>3</i>	0.23 16	εM +=0.0282 4 av E β =644 14; εK =0.688 9; εL =0.0950 13;
(2517 32)	591.25	0.030 9	0.11 3	8.72 13	0.14 4	εM +=0.0267 4 av E β =672 14; εK =0.669 10; εL =0.0923 14;
(2545 32)	563.348	0.41 4	1.42 13	7.62 5	1.83 17	εM +=0.0259 4 av E β =684 14; εK =0.660 10; εL =0.0911 14;
(2573 32)	535.588	0.3 3	0.9 8	7.8 4	1.2 11	εM +=0.0256 4 av E β =697 14; εK =0.651 10; εL =0.0898 14;
(2613 32)	495.02	0.33 <i>3</i>	1.00 7	7.80 5	1.33 9	εM +=0.0252 4 av E β =715 14; εK =0.638 10; εL =0.0880 14;
(2977 32)	130.804	1.1 3	1.6 5	7.69 14	2.7 8	εM +=0.0247 4 av E β =879 14; εK =0.519 10; εL =0.0714 14;
(3020 32)	87.940	0.49 8	2.2 3	9.11 ¹ <i>u</i> 8	2.7 4	ε M+=0.0200 4 av E β =911 14; ε K=0.693 7; ε L=0.0975 10; ε M+=0.0275 3

 † From intensity balance considerations. ‡ For absolute intensity per 100 decays, multiply by $\leq 1.0.$

 $\gamma(^{133}\text{La})$

${\rm E_{\gamma}}^{\ddagger}$	$I_{\gamma}^{\ddagger d}$	E _i (level)	\mathbf{J}_i^{π}	\mathbf{E}_{f}	J_f^{π} N	/Iult. [#]	$\delta^{@}$	α^{\dagger}	$I_{(\gamma+ce)}^{d}$	Comments
(33.54)		130.804	7/2+	97.259 3	/2+				≤41	E_{γ} : not measured. Existence is required by 346γ-97γ coin.
42.7 ^{bc} 1	2.0 3	130.804	7/2+	87.940 5	/2 ⁺ M	I1+E2	0.160 +18-21	13.6 3	29 4	$I_{(γ+ce)}: \text{ from intensity balance.}$ ce(L1)=2.5 3; ce(L2)=0.80 7; ce(L3)≤0.4; α(L1)exp=1.25 24; α(L2)exp=0.40 3; α(L3)exp≤0.2 ce(K)/(γ+ce)=0.734 14; ce(L)/(γ+ce)=0.156 12; ce(M)/(γ+ce)=0.033 3; ce(N+)/(γ+ce)=0.0084 8 α(L1)=1.340 21; α(L2)=0.45 3; α(L3)=0.47 5 ce(N)/(γ+ce)=0.0072 7; ce(O)/(γ+ce)=0.00110 9; ce(P)/(γ+ce)=5.78×10 ⁻⁵ 16 α(N+)=0.121 5; α(N)=0.104 4; α(O)=0.0160 6; α(P)=0.000842 14 I _(γ+ce) : from α _{tot} and I _γ . δ; from 1084(Cr20)
50.09 ^{<i>a</i>} 10 58.39 3	491 <i>10</i>	591.25 535.588	7/2,9/2 ⁺ 11/2 ⁻	541.20 7 477.213 9	/2+ /2+ E	1		1.023		a (L)exp: calculated by evaluators. ce(K)<0.5 ce(K)=420 40; ce(L1)=40 3; ce(L2)=9.1 7; ce(L3)=13.3 11 α (K)exp=0.86 8; α (L1)exp=0.081 7; α (L2)exp=0.0185 15; α (L3)exp=0.027 2 α (K)=0.862 13; α (L)=0.1280 18; α (M)=0.0265 4; α (N+)=0.00660 10 α (N)=0.00568 8; α (O)=0.000868 13; α (P)=4.88×10 ⁻⁵ 7 α (L1)=0.0809 11; α (L2)=0.01948 27; α (L3)=0.02763 39
63.93 ^{<i>a</i>} 11	0.14 4	541.20	7/2+	477.213 9	/2 ⁺ [N	M1,E2]		74		$ce(K)=0.50 \ 15$ $\alpha(K)=3.7 \ 4; \ \alpha(L)=2.6 \ 22; \ \alpha(M)=0.6 \ 5;$ $\alpha(N+)=0.14 \ 12$ $\alpha(N)=0.12 \ 10; \ \alpha(O)=0.017 \ 14; \ \alpha(P)=0.00024 \ 3$
72.39 ^a 10	0.56 17	1468.86	9/2-	1396.40 5	/2 ⁻ [E	2]		6.39		

					¹³³ Ce ε decay	y (5.1 h) 1	978He16 (continu	ied)	
						$\gamma(^{133}\text{La})$ (cor	ntinued)		
${\rm E_{\gamma}}^{\ddagger}$	$I_{\gamma}^{\ddagger d}$	E _i (level)	\mathbf{J}_i^{π}	E_{f}	${ m J}_f^\pi$	Mult. [#]	$\delta^{@}$	α^{\dagger}	Comments
72.67 ^a 10		1850.90	(9/2 ⁻)	1778.23?	7/2.9/2.11/2+				$\begin{aligned} &\alpha(\text{N})=0.1244\ 20;\ \alpha(\text{O})=0.0174\ 3;\\ &\alpha(\text{P})=0.0001553\ 23\\ &\alpha(\text{N})=0.07\ 6;\ \alpha(\text{O})=0.010\ 8;\ \alpha(\text{P})=0.000169\ 14\\ &\text{ce}(\text{N})/(\gamma+\text{ce})=0.012\ 11;\ \text{ce}(\text{O})/(\gamma+\text{ce})=0.0018\\ &15;\ \text{ce}(\text{P})/(\gamma+\text{ce})=3.0\times10^{-5}\ 11\\ &\text{I}_{\gamma}:\ \text{from ce}(\text{K})\ \text{and}\ \alpha(\text{K})=2.7\ 3\ \text{if}\ \text{M1},\ \text{E2}.\\ &\text{ce}(\text{K})=0.20\ 7\end{aligned}$
86.11 ^{<i>a</i>} 12	0.06 2	563.348	9/2+	477.213	9/2 ⁺	[M1,E2]		2.5 9	ce(K)=0.12 4 α (K)=1.65 24; α (L)=0.7 5; α (M)=0.15 12; α (N+)=0.04 3 α (N)=0.032 24; α (O)=0.005 4; α (P)=0.000105 6 I _Y : from ce(K) and α (K) if M1, E2.
87.939 <i>11</i>	131 3	87.940	5/2+	0.0	5/2+	M1+E2	0.051 +12-16	1.566	ce(K)=190 30; ce(L1)=28 3; ce(L2)=2.6 3; ce(L3)=0.70 8 α (K)=1.335 19; α (L)=0.183 3; α (M)=0.0382 6; α (N+)=0.00985 16 α (N)=0.00838 14; α (O)=0.001359 21; α (P)=0.0001040 15 α (L1)=0.1656 23; α (L2)=0.0138 6; α (L3)=0.0040 7 δ ; from 1984Gr30.
97.261 <i>10</i>	44.8 10	97.259	3/2 ⁺	0.0	5/2 ⁺	M1+E2	0.157 <i>17</i>	1.195 <i>18</i>	ce(K)=49 5; ce(L1)=6.3 6; ce(L2)=0.80 8; ce(L3)<0.3 α (K)exp=1.1 <i>I</i> ; α (L1)exp=0.14 2; α (L2)exp=0.018 2; α (L3)exp<0.006 α (K)=1.007 <i>I</i> 5; α (L)=0.149 4; α (M)=0.0311 8; α (N+)=0.00799 20 α (N)=0.00682 <i>I</i> 7; α (O)=0.001092 25; α (P)=7.78×10 ⁻⁵ <i>I</i> 1 α (L1)=0.1240 <i>I</i> 7; α (L2)=0.0155 <i>I</i> 4; α (L3)=0.0091 <i>I</i> 6 δ : from 1984Gr30. ce(K)=0.08 3
102.6 ^a <i>1</i> 112.03 ^{<i>a</i>} <i>11</i>	0.20 8	950.35	(9/2) ⁺	838.24	//2,9/2 9/2 ⁺	[M1+E2]		1.1 3	ce(K)=0.08 3 ce(K)=0.15 6 α (K)=0.76 10; α (L)=0.23 14; α (M)=0.05 3; α (N+)=0.012 8 α (N)=0.011 7; α (O)=0.0016 9; α (P)=4.98×10 ⁻⁵ 25 I _{\gamma} : from ce(K) and α (K) if M1+E2. Mult.: from level scheme.
114.02 ^{<i>a</i>} 11 118.96 ^{<i>a</i>} 13	0.65 24	591.25 654.60	7/2,9/2+ 11/2+	477.213 535.588	9/2+ 11/2 ⁻	[E1]		0.1455	ce(K)≈0.05 ce(K)=0.08 <i>3</i>

S

 $^{133}_{57} La_{76}$ -5

I

					¹³³ Ce ε	decay (5.1 l	h) 1978He16 (d	continued)		
E_{γ}^{\ddagger}	$I_{\gamma}^{\ddagger d}$	E _i (level)	\mathbf{J}_i^π	E_f	J_f^π	Mult. [#]	$\delta^{@}$	α^{\dagger}	$I_{(\gamma+ce)}^{d}$	Comments
130.803 <i>10</i>	457 10	130.804	7/2+	0.0	5/2+	M1+E2	0.239 +30-21	0.520	695 <i>15</i>	$\begin{aligned} \alpha(K) = 0.1243 \ 18; \ \alpha(L) = 0.01685 \ 25; \\ \alpha(M) = 0.00348 \ 5; \ \alpha(N+) = 0.000881 \ 13 \\ \alpha(N) = 0.000755 \ 11; \ \alpha(O) = 0.0001188 \ 17; \\ \alpha(P) = 7.77 \times 10^{-6} \ 12 \\ I_{\gamma}: \ from \ ce(K) \ and \ \alpha(K) \ if \ E1. \\ Mult.: \ from \ level \ scheme. \\ ce(K) = 205 \ 24; \ ce(L1) = 23.3 \ 25; \ ce(L2) = 3.9 \\ 3; \ ce(L3) = 2.1 \ 2 \\ \alpha(K) \exp = 0.46 \ 6; \ \alpha(L1) \exp = 0.050 \ 7; \\ \alpha(L2) \exp = 0.0085 \ 7; \ \alpha(L3) \exp = 0.0046 \ 5 \\ \alpha(L3) = 0.0046 \ 8 \end{aligned}$
135.5 ^{<i>a</i>} 2 150.3 ^{<i>a</i>} 2 159.56 ^{<i>a</i>} 18	0.35 14	1850.90 1468.86 654.60	(9/2 ⁻) 9/2 ⁻ 11/2 ⁺	1715.40 1318.57? 495.02	7/2 ⁻ ,9/2 ⁻ 7/2,9/2 ⁺ 7/2 ⁺	[E2]		0.385		$\begin{aligned} &\alpha(L5)=0.0046\ 8\\ &ce(N)/(\gamma+ce)=0.00197\ 7;\\ &ce(O)/(\gamma+ce)=0.000315\ 9;\\ &ce(P)/(\gamma+ce)=2.20\times10^{-5}\ 4\\ &\alpha(N)=0.00299\ 9;\ \alpha(O)=0.000478\ 12;\\ &\alpha(P)=3.35\times10^{-5}\ 5\\ &ce(K)\leq 0.1\\ &ce(K)=0.20\ 6\\ &ce(K)=0.10\ 4\\ &\alpha(K)=0.282\ 4;\ \alpha(L)=0.0813\ 12;\\ &\alpha(M)=0.0177\ 3;\ \alpha(N+)=0.00435\ 7\\ &\alpha(N)=0.00378\ 6;\ \alpha(O)=0.000554\ 9;\\ &ce(N)=0.00378\ 6;\ \alpha(O)=0.000554\ 9;\\ &ce(N)=0.00378\ 6;\ \alpha(O)=0.000554\ 9;\\ &ce(N)=0.00378\ 6;\ \alpha(O)=0.000554\ 9;\\ &ce(N)=0.00378\ 6;\ \alpha(O)=0.000554\ 9;\\ &ce(N)=0.000554\ 9;\\ &ce(N)=0.00556\ 9;\\ &ce(N)=0.00566\ 9;\\ &ce(N)=0.00566\ 9;\\ &ce(N)=0.00566\$
165.72 ^a 18	8.0 20	950.35	(9/2)+	784.531	7/2-	[E1]		0.0583		$\alpha(\mathbf{r}) = 1.077 \times 10^{-7} 25$ I_{γ} : from ce(K) and $\alpha(K)$ if E2. Mult.: from level scheme. ce(K)=0.4 <i>I</i> $\alpha(K)=0.0499 \ 8; \ \alpha(L)=0.00663 \ 10;$ $\alpha(M)=0.001368 \ 20; \ \alpha(N+)=0.000348 \ 5$ $\alpha(N)=0.000298 \ 5; \ \alpha(O)=4.73\times 10^{-5} \ 7;$ $\alpha(\mathbf{P})=3.25\times 10^{-6} \ 5$
173 ^c	<2.4	1153.35	13/2-	979.91	15/2-	(M1,E2)		0.26 3		I _γ : from ce(K) and α (K) if E1. Mult.: from level scheme. ce(K)=0.12 4; α (K)exp>0.05 α (K)=0.208 10; α (L)=0.042 16; α (M)=0.009 4; α (N+)=0.0023 9 α (N)=0.0020 8; α (O)=0.00030 10; (P) 1.42 ± 10 ⁻⁵ 12
174.0 2	1.6 8	1735.44	(9/2)-	1561.16	(11/2 ⁻)	M1+E2	0.67 7	0.246 5		$\alpha(r) = 1.43 \times 10^{-5} I2$ ce(K) = 0.26 4; ce(L2) = 0.023 3; $ce(L3) = 0.021 8; \alpha(K)exp = 0.16 8;$

From ENSDF

	¹³³ Ce ε decay (5.1 h) 1978He16 (continued)										
	γ ⁽¹³³ La) (continued)										
${\rm E_{\gamma}}^{\ddagger}$	$I_{\gamma}^{\ddagger d}$	E _i (level)	${ m J}^{\pi}_i$	E_{f}	${ m J}_f^\pi$	Mult. [#]	α^{\dagger}	Comments			
177.3 2	1.3 5	654.60	11/2+	477.213	9/2+	M1,E2	0.24 3	$\begin{array}{l} \alpha(\text{L2})\text{exp}=0.014\ 7\\ \alpha(\text{L3})\text{exp}=0.013\ 7\\ \alpha(\text{K})=0.201\ 3;\ \alpha(\text{L})=0.0358\ 15;\ \alpha(\text{M})=0.0076\ 4;\\ \alpha(\text{N}+)=0.00192\ 8\\ \alpha(\text{L2})=0.0068\ 8;\ \alpha(\text{L3})=0.0056\ 6\\ \alpha(\text{N})=0.00165\ 7;\ \alpha(\text{O})=0.000256\ 10;\ \alpha(\text{P})=1.450\times10^{-5}\ 24\\ \delta:\ \text{calculated by evaluators from K:L2:L3 ratios}\ (1984\text{Gr}30)\\ \text{with BrIccMixing program.}\\ \text{ce}(\text{K})=0.25\ 4;\ \alpha(\text{K})\text{exp}=0.19\ 8 \end{array}$			
			,		,	,		$\alpha(K)=0.193 \ 9; \ \alpha(L)=0.039 \ 14; \ \alpha(M)=0.008 \ 4; \ \alpha(N+)=0.0021$			
178.65 <i>3</i>	31 1	2036.04	7/2 ⁻ ,9/2 ⁻	1857.39	7/2-	M1,E2	0.237 25	$\begin{array}{c} \alpha(\mathrm{N})=0.0018 \ 7; \ \alpha(\mathrm{O})=0.00027 \ 9; \ \alpha(\mathrm{P})=1.33\times10^{-5} \ 12 \\ \mathrm{ce}(\mathrm{K})=6 \ I; \ \mathrm{ce}(\mathrm{L}1)=0.8 \ I; \ \alpha(\mathrm{K})\mathrm{exp}=0.19 \ 3; \ \alpha(\mathrm{L}1)\mathrm{exp}=0.026 \ 4 \\ \alpha(\mathrm{K})=0.189 \ 8; \ \alpha(\mathrm{L})=0.038 \ 14; \ \alpha(\mathrm{M})=0.008 \ 3; \ \alpha(\mathrm{N}+)=0.0020 \\ 8 \end{array}$			
^x 204.16 <i>12</i>	1.3 4					M1,E2	0.157 10	$\begin{aligned} &\alpha(N) = 0.0017 \ 7; \ \alpha(O) = 0.00027 \ 9; \ \alpha(P) = 1.30 \times 10^{-5} \ 12 \\ &\alpha(L1) = 0.02119 \ 15 \\ &\text{ce}(K) = 0.18 \ 4; \ \alpha(K) \text{exp} = 0.14 \ 5 \\ &\alpha(K) = 0.1271 \ 20; \ \alpha(L) = 0.023 \ 7; \ \alpha(M) = 0.0050 \ 15; \\ &\alpha(N+) = 0.0013 \ 4 \end{aligned}$			
211.65 6	7.0 5	1365.01	11/2-	1153.35	13/2-	M1,E2	0.140 7	$ \begin{aligned} &\alpha(N) = 0.0011 \ 4; \ \alpha(O) = 0.00017 \ 5; \ \alpha(P) = 8.9 \times 10^{-6} \ 10 \\ &\text{ce}(K) = 0.8 \ 2; \ \alpha(K) \exp = 0.11 \ 3 \\ &\alpha(K) = 0.1143 \ 17; \ \alpha(L) = 0.021 \ 6; \ \alpha(M) = 0.0044 \ 13; \\ &\alpha(N+) = 0.0011 \ 3 \end{aligned} $			
221.2 ^{<i>a</i>} 1	≈2	784.531	7/2-	563.348	9/2+	[E1]	0.0266	$\alpha(N)=0.0010 \ 3; \ \alpha(O)=0.00015 \ 4; \ \alpha(P)=8.0\times10^{-6} \ 9$ $ce(K)\approx0.05$ $\alpha(K)=0.0228 \ 4; \ \alpha(L)=0.00299 \ 5; \ \alpha(M)=0.000617 \ 9;$ $\alpha(N+)=0.0001576 \ 23$ $\alpha(N)=0.0001345 \ 19; \ \alpha(O)=2.15\times10^{-5} \ 3; \ \alpha(P)=1.528\times10^{-6} \ 22$ Mult. I _v : from placement in the level scheme mult.=E1. I _v is			
^x 221.97 9	2.2 4					M1,E2	0.122 5	calculated according to $\alpha(K)$ and ce(K) by evaluators. ce(K)=0.20 7; $\alpha(K)$ exp=0.09 3 $\alpha(K)$ =0.0993 21; $\alpha(L)$ =0.018 5; $\alpha(M)$ =0.0037 10; $\alpha(N+)$ =0.00094 22			
224.16 7	3.6 4	765.38	(5/2+)	541.20	7/2+	M1,E2	0.118 4	$ \begin{array}{l} \alpha(\mathrm{N}) = 0.00081 \ 20; \ \alpha(\mathrm{O}) = 0.00013 \ 3; \ \alpha(\mathrm{P}) = 7.0 \times 10^{-6} \ 9 \\ \mathrm{ce}(\mathrm{K}) = 0.3 \ 1; \ \alpha(\mathrm{K}) \mathrm{exp} = 0.09 \ 3 \\ \alpha(\mathrm{K}) = 0.0965 \ 22; \ \alpha(\mathrm{L}) = 0.017 \ 4; \ \alpha(\mathrm{M}) = 0.0036 \ 9; \\ \alpha(\mathrm{N}+) = 0.00091 \ 21 \end{array} $			
228.59 6	9.7 5	2035.22	(7/2 ⁻ ,9/2 ⁻ ,11/2 ⁻)	1806.62	(9/2 ⁻ ,11/2 ⁻)	M1,E2	0.111 3	$\begin{aligned} &\alpha(N) = 0.00078 \ I9; \ \alpha(O) = 0.000121 \ 25; \ \alpha(P) = 6.8 \times 10^{-6} \ 8 \\ &\text{ce}(K) = 0.9 \ 2; \ \alpha(K) \exp = 0.093 \ 2I; \ ce}(L1) = 0.15 \ 3 \\ &\alpha(K) = 0.0911 \ 25; \ \alpha(L) = 0.016 \ 4; \ \alpha(M) = 0.0034 \ 8; \\ &\alpha(N+) = 0.00085 \ I9 \\ &\alpha(N) = 0.00073 \ I7; \ \alpha(O) = 0.000114 \ 22; \ \alpha(P) = 6.5 \times 10^{-6} \ 8 \end{aligned}$			

					¹³³ Ce ε decay	(5.1 h) 19 '	78He16 (cont	inued)	
	γ ⁽¹³³ La) (continued)								
E_{γ}^{\ddagger}	$I_{\gamma}^{\ddagger d}$	E _i (level)	\mathbf{J}_i^{π}	E_f	J_f^{π}	Mult. [#]	α^{\dagger}	Comments	
^x 235.9 ^a 2								ce(K)=0.20 4	
248.95 2	34.0 8	784.531	7/2-	535.588	11/2-	E2	0.0857	$\begin{array}{l} \operatorname{ce}(\mathrm{K})=2.3 \ 5; \ \mathrm{L1/L2}=1.9 \ 5; \ \alpha(\mathrm{K}) = \mathrm{ep}=0.068 \ 15 \\ \alpha(\mathrm{K})=0.0679 \ 10; \ \alpha(\mathrm{L})=0.01405 \ 20; \ \alpha(\mathrm{M})=0.00301 \ 5; \\ \alpha(\mathrm{N+})=0.000751 \ 11 \end{array}$	
h								α (N)=0.000649 9; α (O)=9.81×10 ⁻⁵ 14; α (P)=4.40×10 ⁻⁶ 7	
^x 256.6 ^b 2	1.3 5					(M1,E2)	0.0788 16	$\begin{array}{c} \operatorname{ce}(\mathrm{K}) \leq 0.1; \ \alpha(\mathrm{K}) \exp \leq 0.07 \\ \alpha(\mathrm{K}) = 0.065 \ 4; \ \alpha(\mathrm{L}) = 0.0108 \ 18; \ \alpha(\mathrm{M}) = 0.0023 \ 4; \\ \alpha(\mathrm{N}+) = 0.00058 \ 10 \end{array}$	
261.396 14	44.4 10	1045.925	9/2-	784.531	7/2-	M1(+E2)	0.0746 18	$\alpha(N)=0.00050 \ 9; \ \alpha(O)=7.8\times10^{-5} \ 11; \ \alpha(P)=4.7\times10^{-6} \ 7$ $ce(K)=2.9 \ 4; \ ce(L1)=0.4 \ 1; \ \alpha(K)exp=0.065 \ 9; \ \alpha(L1)exp=0.009 \ 2$ $\alpha(K)=0.062 \ 4; \ \alpha(L)=0.0102 \ 16; \ \alpha(M)=0.0022 \ 4;$ $\alpha(N+)=0.00054 \ 9$	
								$\alpha(N)=0.00047 \ 8; \ \alpha(O)=7.3\times10^{-5} \ 9; \ \alpha(P)=4.4\times10^{-6} \ 7 \ \alpha(L1)=0.0071 \ 9$	
264.70 ^{&} 10	1.8 4	2018.26	7/2-	1753.62	7/2 ⁻ ,9/2,11/2 ⁺	(M1,E2)	0.0719 20	ce(K) \approx 0.1; α (K)exp \approx 0.06 α (K)=0.059 4; α (L)=0.0098 15; α (M)=0.0021 4; α (N+)=0.00052 8	
								α (N)=0.00045 7; α (O)=7.0×10 ⁻⁵ 9; α (P)=4.3×10 ⁻⁶ 6 E _{γ} : in 1978He16, this transition de-excites the 1311 level as uncertain, corresponding level energy difference is equal to 265.23 14.	
274.84 7	3.4 5	838.24	9/2+	563.348	9/2+	M1,E2	0.0643 24	$ce(K)=0.18$ 4; $\alpha(K)exp=0.053$ 13	
								$\alpha(K)=0.053 \ 4; \ \alpha(L)=0.0086 \ 11; \ \alpha(M)=0.0018 \ 3; \ \alpha(N+)=0.00046 \ 6$	
279.0.5		20(2.16	0/2-	1794 10	$(0/2^{+}, 11/2^{+})$	(E1)	0.01452	$\alpha(N)=0.00040 \ 6; \ \alpha(O)=6.2\times10^{-5} \ 7; \ \alpha(P)=3.8\times10^{-6} \ 6$	
278.0 5	≈0	2002.10	9/2	1784.19	(9/2*,11/2*)	(EI)	0.01452	α (K)=0.09 2; α (K)exp≈0.015 α (K)=0.01248 19; α (L)=0.001619 24; α (M)=0.000334 5; α (N+)=8 56×10 ⁻⁵ 13	
								$\alpha(N)=7.30\times10^{-5}$ //: $\alpha(O)=1.171\times10^{-5}$ /8: $\alpha(P)=8.52\times10^{-7}$ /3	
282.42 5	7.4 5	2036.04	7/2-,9/2-	1753.62	7/2-,9/2,11/2+				
287.73 ^{&} 8	4.4 6	2036.04	7/2 ⁻ ,9/2 ⁻	1748.29	7/2,9/2			E_{γ} : in table 1 (1978He16) this transition was placed tentatively from the 765 keV level, but with poor energy fit.	
294.23 5	12.7 6	1690.64	(9/2)-	1396.40	5/2-	E2	0.0499	$\begin{array}{c} ce(K)=0.5 \ 1; \ \alpha(K)exp=0.04 \ 1 \\ \alpha(K)=0.0403 \ 6; \ \alpha(L)=0.00761 \ 11; \ \alpha(M)=0.001623 \ 23; \\ \alpha(N+)=0.000407 \ 6 \end{array}$	
296.0 ^{<i>a</i>} 1	2.3 10	950.35	(9/2)+	654.60	11/2+	[M1,E2]	0.052 3	$\begin{aligned} \alpha(N) &= 0.000350 \ 5; \ \alpha(O) &= 5.36 \times 10^{-5} \ 8; \ \alpha(P) &= 2.68 \times 10^{-6} \ 4 \\ ce(K) &= 0.10 \ 4 \\ \alpha(K) &= 0.043 \ 4; \ \alpha(L) &= 0.0068 \ 7; \ \alpha(M) &= 0.00144 \ 16; \\ \alpha(N+) &= 0.00037 \ 4 \\ \alpha(N) &= 0.00031 \ 3; \ \alpha(O) &= 4.9 \times 10^{-5} \ 4; \ \alpha(P) &= 3.1 \times 10^{-6} \ 5 \end{aligned}$	

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From ENSDF

 $^{133}_{57} La_{76}$ -8

 $^{133}_{57} La_{76}$ -8

					¹³³ Ce ε de	cay (5.1 h)	1978He16	6 (continued)
						γ (¹³³ La)	(continued)	
E_{γ}^{\ddagger}	$I_{\gamma}^{\ddagger d}$	E _i (level)	${ m J}^{\pi}_i$	E_{f}	J_f^π	Mult. [#]	α^{\dagger}	Comments
300.54 10	6.1 10	2036.04	7/2-,9/2-	1735.44	(9/2)-	M1,E2	0.050 3	I _γ : from ce(K) and α (K) if M1, E2. E _γ : poor fit; the level energy difference is equal to 295.74 <i>6</i> keV. ce(K)=0.25 <i>4</i> ; α (K)exp=0.041 <i>9</i> α (K)=0.041 <i>4</i> ; α (L)=0.0065 <i>6</i> ; α (M)=0.00137 <i>14</i> ; α (N+)=0.00035 <i>3</i>
307.30 6	23.8 9	784.531	7/2-	477.213	9/2+	E1	0.01121	$\alpha(N)=0.00030 \ 3; \ \alpha(O)=4.7\times10^{-5} \ 3; \ \alpha(P)=3.0\times10^{-6} \ 5 \\ ce(K)=0.25 \ 4; \ \alpha(K)exp=0.0011 \ 2 \\ \alpha(K)=0.00964 \ 14; \ \alpha(L)=0.001245 \ 18; \ \alpha(M)=0.000257 \ 4; \\ \alpha(M)=$
315.45 8	5.1 6	1468.86	9/2-	1153.35	13/2-	E2	0.0401	$\alpha(N+)=0.39\times10^{-7} 10$ $\alpha(N)=5.62\times10^{-5} 8; \ \alpha(O)=9.03\times10^{-6} 13; \ \alpha(P)=6.63\times10^{-7} 10$ $ce(K)=0.16 5; \ \alpha(K)exp=0.030 9$ $\alpha(K)=0.0325 5; \ \alpha(L)=0.00595 9; \ \alpha(M)=0.001265 18;$ $\alpha(N+)=0.000318 5$
319.03 7	8.0 7	1365.01	11/2-	1045.925	9/2-	M1,E2	0.042 4	$\alpha(N)=0.000273 \ 4; \ \alpha(O)=4.20\times10^{-5} \ 6; \ \alpha(P)=2.19\times10^{-6} \ 3 \\ \alpha(N)=0.000256 \ 18; \ \alpha(O)=4.05\times10^{-5} \ 17; \ \alpha(P)=2.6\times10^{-6} \ 5 \\ ce(K)=0.28 \ 4; \ \alpha(K)exp=0.035 \ 6 \\ \alpha(K)=0.035 \ 4; \ \alpha(L)=0.0054 \ 4; \ \alpha(M)=0.00114 \ 9; \ \alpha(N+)=0.000289 \ 17 \\ \alpha(N)=0.000247 \ 16; \ \alpha(O)=3.91\times10^{-5} \ 15; \ \alpha(P)=2.5\times10^{-6} \ 5 \\ \end{array}$
320.72 <i>10</i> 339.03 <i>5</i>	3.4 7 24.9 <i>15</i>	2036.04 1735.44	7/2 ⁻ ,9/2 ⁻ (9/2) ⁻	1715.40 1396.40	7/2 ⁻ ,9/2 ⁻ 5/2 ⁻	[E2]	0.0320	α (K)=0.0262 4; α (L)=0.00463 7; α (M)=0.000982 14; α (N+)=0.000247 4
342.65 9	3.0 5	2199.95	(9/2-)	1857.39	7/2-	[M1]	0.0374	α (N)=0.000213 <i>3</i> ; α (O)=3.28×10 ⁻⁵ <i>5</i> ; α (P)=1.779×10 ⁻⁶ 25 ce(K)≈0.03; α (K)exp≈0.01 α (K)=0.0321 <i>5</i> ; α (L)=0.00422 <i>6</i> ; α (M)=0.000874 <i>13</i> ; α (N+)=0.000226 <i>4</i>
346.39 5	106 2	477.213	9/2+	130.804	7/2+	M1(+E2)	0.033 4	$\alpha(N)=0.000192 \ 3; \ \alpha(O)=3.13\times10^{-5} \ 5; \ \alpha(P)=2.47\times10^{-6} \ 4$ $ce(K)=3.5 \ 5; \ ce(L1)=0.5 \ 1; \ \alpha(K)exp=0.033 \ 5; \ \alpha(L1)exp=0.005 \ 1$ $\alpha(K)=0.028 \ 4; \ \alpha(L)=0.00420 \ 12; \ \alpha(M)=0.00088 \ 4; \ \alpha(N+)=0.000225 \ 6$ $\alpha(N)=0.000192 \ 6; \ \alpha(O)=3.05\times10^{-5} \ 5; \ \alpha(P)=2.0\times10^{-6} \ 4$ $\alpha(L1)=0.001949 \ 27$
350.03 ^c 11	1.9 4	1188.56	$13/2^{+}$	838.24	9/2+			
351 [°]	<2.3	1396.40	$5/2^{-}$	1045.925	$9/2^{-}$	(M1 E2)	0.020 4	$a_2(K) > 0.07$; $a_2(K) = 0.020$
300.96 10	2.4 0	838.24	9/2	477.213	9/2	(M11,E2)	0.030 4	$\alpha(K) \approx 0.07; \alpha(K) \exp \approx 0.029$ $\alpha(K) = 0.025 4; \alpha(L) = 0.00371 6; \alpha(M) = 0.000778 19; \alpha(N+) = 0.000199$ 3
364.19 <i>4</i>	32.0 8	495.02	7/2+	130.804	7/2+	M1,E2	0.029 4	$\begin{array}{l} \alpha(\mathrm{N})=0.000170 \ 3; \ \alpha(\mathrm{O})=2.70\times10^{-5} \ 6; \ \alpha(\mathrm{P})=1.8\times10^{-6} \ 4 \\ \mathrm{ce}(\mathrm{K})=0.8 \ 2; \ \mathrm{ce}(\mathrm{L1})=0.10 \ 3; \ \alpha(\mathrm{K})\mathrm{exp}=0.025 \ 6; \ \alpha(\mathrm{L1})\mathrm{exp}=0.003 \ 1 \\ \alpha(\mathrm{K})=0.024 \ 4; \ \alpha(\mathrm{L})=0.00361 \ 6; \ \alpha(\mathrm{M})=0.000757 \ 16; \ \alpha(\mathrm{N}+)=0.000193 \\ 3 \end{array}$
^x 369.9 2	4.8 10							α (N)=0.000165 3; α (O)=2.63×10 ⁻⁵ 6; α (P)=1.8×10 ⁻⁶ 4 α (L1)=0.0029 5 ce(K)≤0.06; α (K)exp≤0.013

				13	33 Ce ε deca	y (5.1 h)	1978He16	(continued)
						$\gamma(^{133}\text{La})$ (co	ontinued)	
${\rm E_{\gamma}}^{\ddagger}$	$I_{\gamma}^{\ddagger d}$	E _i (level)	${ m J}^{\pi}_i$	E_f	J_f^π	Mult. [#]	α^{\dagger}	Comments
371.9 <i>3</i>	1.3 4	867.15	(7/2 ⁺)	495.02	7/2+	[M1,E2]	0.027 3	$\alpha(K)=0.023 \ 3; \ \alpha(L)=0.00339 \ 5; \ \alpha(M)=0.000711 \ 12; \ \alpha(N+)=0.000182 \ 3$
^x 376.71 9	3.9 5					(M1,E2)	0.026 3	$\alpha(N)=0.0001555 \ 22; \ \alpha(O)=2.4/\times 10^{-5} \ ; \ \alpha(P)=1./\times 10^{-6} \ 4$ $ce(K)=0.09 \ 4; \ \alpha(K)exp=0.025 \ 12$ $\alpha(K)=0.022 \ 3; \ \alpha(L)=0.00327 \ 6; \ \alpha(M)=0.000684 \ 10;$ $\alpha(N+)=0.000175 \ 3$ $\alpha(N)=0.000175 \ 3$ $\alpha(N)=0.000176 \ 3$
380.7 <i>2</i> 384 6 5	1.9 5 <1 7	1218.90 1365.01	$7/2^+$ 11/2 ⁻	838.24 979 91	$9/2^+$ 15/2 ⁻			$u(n) = 0.000149422, u(0) = 2.30 \times 10^{-6}, u(r) = 1.0 \times 10^{-5}$
389.37 9	5.4 5	477.213	9/2 ⁺	87.940	5/2+	E2	0.0211	ce(K)=0.10 3; α (K)exp=0.019 6 α (K)=0.01739 25; α (L)=0.00291 4; α (M)=0.000615 9; α (N+)=0.0001553 22 α (N)=0.0001333 19; α (O)=2.08×10 ⁻⁵ 3; α (P)=1.203×10 ⁻⁶ 17 Mult : M1 E2 from conversion data. M1 ruled out from placement in
								level scheme.
392.16 ^{cc} 8	8.1 5	2359.87	(7/2,9/2,11/2) ⁻	1967.76	7/2 ⁻ ,9/2 ⁻	M1,E2	0.024 3	ce(K)=0.15 3; α (K)exp=0.019 4 α (K)=0.020 3; α (L)=0.00290 8; α (M)=0.000608 12; α (N+)=0.000155 5
397.75 6	15.3 6	495.02	7/2+	97.259	3/2+	E2	0.0198	$\alpha(N)=0.000133 \ 4; \ \alpha(O)=2.12\times10^{-5} \ 10; \ \alpha(P)=1.5\times10^{-6} \ 3$ ce(K)=0.30 5; \alpha(K)exp=0.019 \ 4 \alpha(K)=0.01635 \ 23; \alpha(L)=0.00271 \ 4; \alpha(M)=0.000573 \ 8; \alpha(N+)=0.0001449 \ 21
404.78 <i>4</i>	43.3 9	535.588	11/2-	130.804	7/2+	M2	0.0883	$\begin{aligned} &\alpha(N) = 0.0001243 \ 18; \ \alpha(O) = 1.94 \times 10^{-5} \ 3; \ \alpha(P) = 1.134 \times 10^{-6} \ 16 \\ &\text{Mult.: M1,E2 from conversion data. M1 ruled out from placement in level scheme.} \\ &\text{ce}(K) = 3.3 \ 7; \ &\text{ce}(L) = 0.5 \ 1; \ \alpha(K) \exp = 0.076 \ 16; \ \alpha(L) \exp = 0.012 \ 3 \\ &\alpha(K) = 0.0742 \ 11; \ \alpha(L) = 0.01117 \ 16; \ \alpha(M) = 0.00235 \ 4; \\ &\alpha(N+) = 0.000608 \ 9 \end{aligned}$
407.10 <i>10</i>	6.3 5	495.02	7/2+	87.940	5/2+	M1,E2	0.021 3	$\alpha(N)=0.000518 \ 8; \ \alpha(O)=8.38\times10^{-5} \ 12; \ \alpha(P)=6.32\times10^{-6} \ 9 \ \alpha(L1)=0.00993 \ 14 \ ce(K)=0.13 \ 3; \ \alpha(K)exp=0.021 \ 5 \ \alpha(K)=0.018 \ 3; \ \alpha(L)=0.00260 \ 10; \ \alpha(M)=0.000545 \ 16; \ \alpha(N+)=0.000139 \ 6$
408.0 5	≈2.4	1561.16	(11/2 ⁻)	1153.35	13/2-	[M1]	0.0239	$\alpha(N)=0.000119 5; \alpha(O)=1.90\times10^{-5} 11; \alpha(P)=1.3\times10^{-6} 3$ $\alpha(K)=0.0205 3; \alpha(L)=0.00268 4; \alpha(M)=0.000555 8;$ $\alpha(N+)=0.0001436 21$ (1) 1 00 1075 2(D) 1 571 1076 23
410.39 10	18.4 <i>6</i>	541.20	7/2+	130.804	7/2+	M1,E2	0.021 3	$\alpha(N)=0.0001221 \ 18; \ \alpha(O)=1.99\times10^{-5} \ 3; \ \alpha(P)=1.5/4\times10^{-6} \ 23$ $E_{\gamma}: \ \Delta E_{\gamma} \text{ is assigned by evaluators.}$ $ce(K)=0.4 \ 1; \ \alpha(K)exp=0.022 \ 5$ $\alpha(K)=0.018 \ 3; \ \alpha(L)=0.00254 \ 10; \ \alpha(M)=0.000532 \ 17;$

 $^{133}_{57} La_{76}$ -10

From ENSDF

 $^{133}_{57}$ La₇₆-10

						¹³³ Ce ε d	ecay (5.1 h)	1978He16	(continued)
							γ ⁽¹³³ La)	(continued)	
	${\rm E}_{\gamma}^{\ddagger}$	$I_{\gamma}^{\ddagger d}$	E _i (level)	${ m J}^{\pi}_i$	E_f	J_f^π	Mult. [#]	α^{\dagger}	Comments
									α(N+)=0.000136 6
	115 18 5	256	1724 15	$(11/2^{-})$	1210 579	7/2 0/2+			$\alpha(N)=0.000116\ 5;\ \alpha(O)=1.86\times10^{-5}\ 11;\ \alpha(P)=1.3\times10^{-6}\ 3$
	415.415	2.5 0	1/54.15	(11/2)	1316.37 :	1/2,9/2			E_{γ} : ΔE is assigned by evaluators.
	419.16 5	12.0 6	1784.19	$(9/2^+, 11/2^+)$	1365.01	$\frac{11}{2^{-}}$	M1 E2	0.010.2	$a_2/K = 0.20.6$; $a_2/K = 0.017.2$
	422.92 3	18.1.0	1408.80	9/2	1043.923	9/2	W11,E2	0.019 5	$\alpha(K)=0.016 \ 3; \ \alpha(L)=0.00233 \ 12; \ \alpha(M)=0.000488 \ 20;$
									$\alpha(N+)=0.0001257$
	432.55 4	90 2	563.348	9/2+	130.804	7/2+	M1.E2	0.018 3	$\alpha(N)=0.0001075; \alpha(O)=1.71\times10^{-5}12; \alpha(P)=1.20\times10^{-5}24$ ce(K)=0.94 15: $\alpha(K)$ exp=0.011 2
				- /			,		$\alpha(K)=0.0153\ 25;\ \alpha(L)=0.00219\ 12;\ \alpha(M)=0.000457\ 22;$
									$\alpha(N+)=0.000117 / \alpha(N)=0.000100 6; \alpha(O)=1.60\times10^{-5} 12; \alpha(P)=1.13\times10^{-6} 23$
	437.69 7	4.2 5	1092.38	7/2+,9/2+	654.60	$11/2^+$	M1,E2	0.017 3	$ce(K)=0.10 \ 3; \ \alpha(K)exp=0.023 \ 7$
									$\alpha(K)=0.0148\ 24;\ \alpha(L)=0.00212\ 13;\ \alpha(M)=0.000442\ 23;\ \alpha(N+)=0.000113\ 7$
									$\alpha(N)=9.7\times10^{-5} 6; \alpha(O)=1.55\times10^{-5} 12; \alpha(P)=1.09\times10^{-6} 23$
11	444.2 ^e 1	≈35 ^e	541.20	7/2+	97.259	3/2+	(E2)	0.01436	$ce(K)=0.58$ 7; $\alpha(K)exp=0.0097$ 12 $\alpha(K)=0.01195$ 17: $\alpha(L)=0.00191$ 3: $\alpha(M)=0.000401$ 6:
									$\alpha(N+)=0.0001018 \ I5$
									$\alpha(N)=8.73\times10^{-5}$ 13; $\alpha(O)=1.368\times10^{-5}$ 20; $\alpha(P)=8.38\times10^{-7}$ 12
									α (K)exp: for undivided line; $I\gamma$ =59 2.
									Mult.: $\alpha(K)$ exp for two unresolved γ -rays (from 979 and 541 states)
									not conflict with the level scheme.
	444.2 ^e 1	≈24 ^e	979.91	15/2-	535.588	$11/2^{-}$	E2	0.01436	$ce(K)=0.58$ 7; $\alpha(K)exp=0.0097$ 12 $\alpha(K)=0.01105$ 17; $\alpha(L)=0.00101$ 3; $\alpha(M)=0.000401$ 6;
									$\alpha(\mathbf{N})=0.001195\ 17$; $\alpha(\mathbf{L})=0.00191\ 5$; $\alpha(\mathbf{M})=0.000401\ 6$; $\alpha(\mathbf{N}+)=0.0001018\ 15$
									α (N)=8.73×10 ⁻⁵ <i>13</i> ; α (O)=1.368×10 ⁻⁵ <i>20</i> ; α (P)=8.38×10 ⁻⁷ <i>12</i>
									Mult.: $\alpha(K)$ exp for two unresolved γ -rays (from 979 and 541 states)
									is consistent with mult=E2; multipolarity of E2 for each γ do not
	453.27 5	25.4 9	541.20	7/2+	87.940	5/2+	M1,E2	0.0159 24	connected with the level scheme. $ce(K)=0.30$ 5; $\alpha(K)exp=0.013$ 3
									$\alpha(K)=0.0135\ 23;\ \alpha(L)=0.00192\ 14;\ \alpha(M)=0.000400\ 25;$ $\alpha(N+)=0.000103\ 8$
									$\alpha(N) = 8.8 \times 10^{-5} 6; \ \alpha(O) = 1.40 \times 10^{-5} 12; \ \alpha(P) = 1.00 \times 10^{-6} 21$
	455.28 10	2.8 9	950.35	$(9/2)^+$	495.02	7/2+	(M1+E2)	0.0157 24	$ce(K) \approx 0.05; \alpha(K) \exp \approx 0.018$ $\alpha(K) = 0.0133, 22; \alpha(L) = 0.00180, 14; \alpha(M) = 0.000305, 25;$
									$\alpha(\mathbf{N})=0.0135\ 22;\ \alpha(\mathbf{L})=0.00169\ 14;\ \alpha(\mathbf{M})=0.000395\ 23;$

From ENSDF

 $^{133}_{57} La_{76}$ -11

 $^{133}_{57} La_{76}$ -11

						$\gamma(^{13}$	³ La) (continue	<u>d)</u>
E _γ ‡	$I_{\gamma}^{\ddagger d}$	E _i (level)	\mathbf{J}_i^π	E_f	\mathbf{J}_f^{π}	Mult. [#]	α^{\dagger}	Comments
								α(N+)=0.000101 8
460.5 ^e 5	≈1.7 ^e	591.25	7/2,9/2+	130.804	7/2+			$\alpha(N)=8.6\times10^{-5} 6$; $\alpha(O)=1.39\times10^{-5} 12$; $\alpha(P)=9.9\times10^{-7} 21$ E _{γ} ,I _{γ} : ΔE is assigned by evaluators. I(γ +ce)=4.9 6 is divided on the basis of coincidence data (1978He16)
460.5 ^e 5	≈3.2 ^e	1857.39	7/2-	1396.40	5/2-			E_{γ}, I_{γ} : I(γ +ce)=4.9 6 is divided on the basis of coincidence data
475.49 6	81 2	563.348	9/2+	87.940	5/2+	E2	0.01185	$ce(K)=1.0.3; \alpha(K)exp=0.012 4$ $\alpha(K)=0.00990 14; \alpha(L)=0.001544 22; \alpha(M)=0.000325 5;$
477.22 4	1000	477.213	9/2+	0.0	5/2+	E2	0.01173	$\alpha(N+)=8.25\times10^{-5}$ 12 $\alpha(N)=7.07\times10^{-5}$ 10; $\alpha(O)=1.112\times10^{-5}$ 16; $\alpha(P)=6.99\times10^{-7}$ 10 ce(K)=9.80; ce(L)=1.5 3; $\alpha(K)=0.00980$; $\alpha(L)\exp=0.0015$ 3 $\alpha(K)=0.00980$ 14; $\alpha(L)=0.001527$ 22; $\alpha(M)=0.000321$ 5; $\alpha(N+)=8.16\times10^{-5}$ 12
495.07 7	15.4 6	495.02	7/2+	0.0	5/2+	[M1]	0.01466	$\alpha(N+) = 8.10 \times 10^{-7} I^{2}$ $\alpha(N) = 6.99 \times 10^{-5} I^{0}; \ \alpha(O) = 1.100 \times 10^{-5} I^{6}; \ \alpha(P) = 6.92 \times 10^{-7} I^{0}$ $\alpha(K) = 0.01260 I^{8}; \ \alpha(L) = 0.001636 2^{3}; \ \alpha(M) = 0.000339 5;$ $\alpha(N+) = 8.76 \times 10^{-5} I^{3}$
498.72 8	5.1 5	1967.76	7/2-,9/2-	1468.86	9/2-			$\alpha(N)=7.45\times10^{-5}$ 11; $\alpha(O)=1.216\times10^{-5}$ 17; $\alpha(P)=9.64\times10^{-7}$ 14
502.04 9	5.1 12	1690.64	(9/2)-	1188.56	13/2+	[M2]	0.0459	$\alpha(K)=0.0388 \ 6; \ \alpha(L)=0.00564 \ 8; \ \alpha(M)=0.001185 \ 17; \ \alpha(N+)=0.000306 \ 5$
								$\alpha(N)=0.000261 4; \alpha(O)=4.23\times10^{-5} 6; \alpha(P)=3.23\times10^{-6} 5$
504.73 8	13 3	1045.925	9/2-	541.20	7/2+	[E1]	0.00334 5	$\alpha(K)=0.00288 \ 4; \ \alpha(L)=0.000366 \ 6; \ \alpha(M)=7.54\times10^{-5} \ 11; \ \alpha(N+)=1.94\times10^{-5} \ 3$
510.36 7	528 12	1045.925	9/2-	535.588	11/2-	M1(+E2)	0.0117 20	α (N)=1.652×10 ⁻⁵ 24; α (O)=2.67×10 ⁻⁶ 4; α (P)=2.04×10 ⁻⁷ 3 ce(K)=6.4 10; ce(L)=0.9 2; α (K)exp=0.012 2; α (L)exp=0.0017 4 α (K)=0.0099 18; α (L)=0.00138 14; α (M)=0.00029 3;
523.76 5	80 2	654.60	11/2+	130.804	7/2+	E2	0.00909 13	$\alpha(N+)=7.4\times10^{-5} 8$ $\alpha(N)=6.3\times10^{-5} 6; \ \alpha(O)=1.01\times10^{-5} 12; \ \alpha(P)=7.4\times10^{-7} 16$ $ce(K)=0.6 1; \ \alpha(K)exp=0.008 1 (1984Gr30); \ \alpha(K)exp=0.0062 7$ (1978He16) $\alpha(K)=0.00763 11; \ \alpha(L)=0.001156 17; \ \alpha(M)=0.000243 4;$
534.3 8	4 2	1188.56	13/2+	654.60	11/2+	M1+E2	0.0104 18	$\alpha(N+)=6.17\times10^{-5} 9$ $\alpha(N)=5.28\times10^{-5} 8; \alpha(O)=8.35\times10^{-6} 12; \alpha(P)=5.43\times10^{-7} 8$ $\alpha(K)=0.0088 16; \alpha(L)=0.00122 13; \alpha(M)=0.00025 3;$ $\alpha(N+)=6.5\times10^{-5} 7$
535	3 1	535.588	11/2-	0.0	5/2+	[E3]	0.0234	$\alpha(N)=5.6\times10^{-5} 6$; $\alpha(O)=9.0\times10^{-6} 11$; $\alpha(P)=6.6\times10^{-7} 14$ E_{γ},I_{γ} : from adopted gammas; I_{γ} value normalized to that for 711 γ . $\alpha(K)=0.0186 3$; $\alpha(L)=0.00383 6$; $\alpha(M)=0.000824 12$; $\alpha(N+)=0.000207 3$

				¹³³ Ce	ε decay	(5.1 h) 1 9	78He16 (conti	inued)
					<u>2</u>	v(¹³³ La) (con	tinued)	
${\rm E_{\gamma}}^{\ddagger}$	$I_{\gamma}^{\ddagger d}$	E _i (level)	J_i^π	E_f	\mathbf{J}_f^{π}	Mult. [#]	$lpha^{\dagger}$	Comments
541.09 10	75 10	541.20	7/2+	0.0	5/2+	M1	0.01175	ce(K)=0.8 2; α (K)exp=0.011 3 α (K)=0.01010 15; α (L)=0.001308 19; α (M)=0.000271 4; α (N+)=7.00×10 ⁻⁵ 10 α (N)=5.06×10 ⁻⁵ 0; α (Q)=0.72×10 ⁻⁶ 14; α (R)=7.72×10 ⁻⁷ 11
546.86 8	5.8 5	1735.44	(9/2) ⁻	1188.56	13/2+	[M2]	0.0357	$\alpha(N) = 5.90\times10^{-9}, \alpha(O) = 9.72\times10^{-14}, \alpha(P) = 7.72\times10^{-114}$ $\alpha(K) = 0.0302 5; \alpha(L) = 0.00434 6; \alpha(M) = 0.000909 13;$ $\alpha(N+) = 0.000235 4$
551.2 2	1.8 5	1092.38	7/2+,9/2+	541.20	7/2+	[M1]	0.01123	$\begin{aligned} \alpha(N) &= 0.000200 \ 3; \ \alpha(O) &= 3.25 \times 10^{-5} \ 5; \ \alpha(P) &= 2.49 \times 10^{-6} \ 4 \\ \alpha(K) &= 0.00965 \ 14; \ \alpha(L) &= 0.001249 \ 18; \ \alpha(M) &= 0.000258 \ 4; \\ \alpha(N+) &= 6.69 \times 10^{-5} \ 10 \\ \alpha(N) &= 5.69 \times 10^{-5} \ 8; \ \alpha(O) &= 9.28 \times 10^{-6} \ 13; \ \alpha(P) &= 7.38 \times 10^{-7} \ 11 \end{aligned}$
553.16 ^{&} 15 ^x 560.09 7	1.7 5 15 6	1318.57?	7/2,9/2+	765.38	(5/2+)			
566.5 5 ×571.06 10	≈1.7 4.1 10	2035.22	(7/2 ⁻ ,9/2 ⁻ ,11/2 ⁻)	1468.86	9/2-	(M1,E2)	0.0088 16	ce(K) \approx 0.05; α (K)exp \approx 0.012 α (K)=0.0075 <i>14</i> ; α (L)=0.00102 <i>13</i> ; α (M)=0.000213 <i>25</i> ; α (N+)=5.5×10 ⁻⁵ <i>7</i> (N)=0.0075 (α (C))=7.5 1076 (α (C))=7.5 (α (C))=7.12
580.4 5	<1	1365.01	11/2-	784.531	7/2-			$\alpha(N)=4.7\times10^{-5} 6; \alpha(O)=7.5\times10^{-5} 10; \alpha(P)=5.6\times10^{-7} 12$
581.12 10	15.7 <i>15</i>	1561.16	(11/2 ⁻)	979.91	15/2-	[E2]	0.00690 10	α (K)=0.00582 9; α (L)=0.000857 12; α (M)=0.000179 3; α (N+)=4.58×10 ⁻⁵ 7
591.24 10	5.5 7	591.25	7/2,9/2+	0.0	$5/2^{+}$			$u(N)=3.91\times10^{-6}$; $u(O)=0.22\times10^{-6}$ 9; $u(P)=4.1/\times10^{-6}$
597.36 14	9.6 8	1092.38	7/2+,9/2+	495.02	7/2+	M1,E2	0.0078 14	ce(K)=0.07 2; α (K)exp=0.007 2 α (K)=0.0067 13; α (L)=0.00091 12; α (M)=0.000189 23; α (N+)=4.9×10 ⁻⁵ 7
602 5 3	597	1967 76	7/2-9/2-	1365.01	$11/2^{-}$			$\alpha(N)=4.1\times10^{-3}$ 6; $\alpha(O)=6.7\times10^{-6}$ 10; $\alpha(P)=5.0\times10^{-7}$ 11
611.83 6	66.2 16	1396.40	5/2-	784.531	7/2-	M1(+E2)	0.0074 14	ce(K)=0.45 5; α (K)exp=0.0068 7 α (K)=0.0063 12; α (L)=0.00085 12; α (M)=0.000177 23; α (N+)=4.6×10 ⁻⁵ 6
615.39 12	6.9 8	1092.38	7/2+,9/2+	477.213	9/2+	(M1,E2)	0.0073 13	$\begin{aligned} \alpha(N) &= 3.9 \times 10^{-5} \ 5; \ \alpha(O) &= 6.3 \times 10^{-6} \ 9; \ \alpha(P) &= 4.7 \times 10^{-7} \ 11 \\ ce(K) &\approx 0.06; \ \alpha(K) exp &\approx 0.0087 \\ \alpha(K) &= 0.0062 \ 12; \ \alpha(L) &= 0.00084 \ 11; \ \alpha(M) &= 0.000175 \ 22; \\ \alpha(N+) &= 4.5 \times 10^{-5} \ 6 \\ \alpha(N) &= 3.8 \times 10^{-5} \ 5; \ \alpha(O) &= 6.2 \times 10^{-6} \ 9; \ \alpha(P) &= 4.6 \times 10^{-7} \ 10 \\ E_{\gamma}: \text{ poor fit; the level energy difference is equal to } 615.16 \ 5 \\ keV. \end{aligned}$
617.7 2	42 6	1153.35	13/2-	535.588	11/2-	M1(+E2)	0.0072 13	ce(K)=0.30 5; α (K)exp=0.0071 13 α (K)=0.0061 12; α (L)=0.00083 11; α (M)=0.000173 22;

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				¹³³ C	e ε decay (5	5.1 h) 1978	3He16 (continu	ued)
					$\gamma(1)$	¹³³ La) (contir	nued)	
E_{γ}^{\ddagger}	$I_{\gamma}^{\ddagger d}$	E _i (level)	\mathbf{J}_i^{π}	E_f	J_f^π	Mult. [#]	α^{\dagger}	Comments
(21.9.5	14.6	2018 26	7/2-	1206.40	5/0-			α (N+)=4.5×10 ⁻⁵ 6 α (N)=3.8×10 ⁻⁵ 5; α (O)=6.1×10 ⁻⁶ 9; α (P)=4.6×10 ⁻⁷ 10
634.5 2	2.8 <i>10</i>	765.38	$(5/2^+)$	130.804	5/2 7/2+	[M1]	0.00795 12	$\alpha(K)=0.00684 \ 10; \ \alpha(L)=0.000881 \ 13; \ \alpha(M)=0.000182 \ 3; \ \alpha(N+)=4.71\times10^{-5} \ 7 \ \alpha(N)=4.01\times10^{-5} \ 6; \ \alpha(O)=6.55\times10^{-6} \ 10; \ \alpha(D)=5.22\times10^{-7} \ 10^{-6$
639.3 2	6.6 10	2036.04	7/2-,9/2-	1396.40	5/2-			$u(\mathbf{N}) = 4.01 \times 10^{-6}$ 0; $u(\mathbf{O}) = 0.55 \times 10^{-10}$; $u(\mathbf{P}) = 5.22 \times 10^{-6}$
644.74 <i>4</i>	50.2 12	1690.64	(9/2)-	1045.925	9/2-	M1(+E2)	0.0065 12	ce(K)=0.29 4; α (K)exp=0.0061 9 α (K)=0.0055 11; α (L)=0.00075 11; α (M)=0.000155 21; α (N+)=4.0×10 ⁻⁵ 6 α (N)=3.4×10 ⁻⁵ 5; α (Q)=5.5×10 ⁻⁶ 8; α (P)=4.1×10 ⁻⁷ 9
653.75 12	11.2 10	784.531	7/2-	130.804	7/2+	[E1]	0.00189 <i>3</i>	$\alpha(N)=0.4160 5, \ \alpha(G)=5.5\times10^{-5}, \ \alpha(G)=4.1\times10^{-5}, \ \alpha(K)=0.001628 23; \ \alpha(L)=0.000204 3; \ \alpha(M)=4.21\times10^{-5}, \ 6; \ \alpha(N=1.25\times10^{-5}, 16)^{-5}, \ \alpha(N)=9.23\times10^{-6}, \ 13; \ \alpha(O)=1.499\times10^{-6}, \ 21; \ \alpha(D)=1.499\times10^{-6}, \ 21; \ \alpha(D)=1.49\times10^{-6}, \ \alpha(D)=1.49\times10^{-6}, \ \alpha(D)=1.40\times10^{-6}, \ \alpha(D)=1.40\times10^{-6},$
656.47 11	3.3 6	1311.09	7/2+.9/2.11/2	654.60	$11/2^{+}$			$\alpha(P)=1.159\times10^{-7}$ 1/
669.0 ^{cf} 2	3.9 5	1857.39	7/2-	1188.56	$13/2^+$			E_{γ} : poor fit; level energy difference is equal to 668.78 6.
669.0 ^{&} 2 678.3 ^e 5	3.9 5 ≈7 ^e	2359.87 765.38	$(7/2,9/2,11/2)^{-}$ $(5/2^{+})$	1690.64 87.940	(9/2) ⁻ 5/2 ⁺	[M1,E2]	0.0057 11	$\alpha(K)=0.0049 \ 10; \ \alpha(L)=0.00065 \ 10; \ \alpha(M)=0.000136 \ 19;$
								$\alpha(N+)=3.5\times10^{-5} 5$ $\alpha(N)=3.0\times10^{-5} 5$; $\alpha(O)=4.8\times10^{-6} 8$; $\alpha(P)=3.6\times10^{-7} 8$ E_{γ},I_{γ} : transition with this energy de-excites the 1218.9 keV state also. I(γ +ce)=21 4 is divided on the basis of coincidence data (1978He16).
678.3 ^e 5	≈14 ^e	1218.90	7/2+	541.20	7/2+			E_{γ} , I_{γ} : transition with this energy de-excites the 765.38 keV state also. I(γ +ce)=21 4 is divided on the basis of coincidence data (1978He16).
684.28 8	10.4 8	1468.86	9/2-	784.531	7/2-	[M1]	0.00662 10	$\alpha(K)=0.00570\ 8;\ \alpha(L)=0.000732\ 11;\ \alpha(M)=0.0001513\ 22;\ \alpha(N+)=3.92\times10^{-5}\ 6$
689.48 <i>4</i>	105 3	1735.44	(9/2)-	1045.925	9/2-	M1(+E2)	0.0055 11	$\alpha(N)=5.33\times10^{-5} 5; \alpha(O)=5.44\times10^{-6} 8; \alpha(P)=4.34\times10^{-7} 6$ $ce(K)=0.61 5; \alpha(K)exp=0.0062 6$ $\alpha(K)=0.0047 9; \alpha(L)=0.00063 9; \alpha(M)=0.000130 19;$ $\alpha(N+)=3.4\times10^{-5} 5$ $\alpha(N)=2.9\times10^{-5} 4; \alpha(O)=4.6\times10^{-6} 8; \alpha(P)=3.5\times10^{-7} 8$
692.36 ^{&} 12 697.19 6 699.58 ^c 7 702.37 11	2.6 8 9.8 5 6.2 5 3.1 5	1784.76? 2062.16 1194.63? 1748.29	7/2 ⁻ ,9/2,11/2 ⁻ 9/2 ⁻ 7/2,9/2 ⁺ 7/2,9/2	1092.38 1365.01 495.02 1045.925	7/2 ⁺ ,9/2 ⁺ 11/2 ⁻ 7/2 ⁺ 9/2 ⁻			
707.41 6	10.1 7	838.24	9/2+	130.804	$7/2^{+}$	[M1]	0.00611 9	$\alpha(K)=0.00526 \ 8; \ \alpha(L)=0.000675 \ 10; \ \alpha(M)=0.0001395 \ 20;$

From ENSDF

 $^{133}_{57} La_{76}$ -14

				133	Ce ɛ deca	y (5.1 h)	1978He16 (cont	inued)
						$\gamma(^{133}\text{La})$ (co	ontinued)	
E_{γ}^{\ddagger}	$I_{\gamma}^{\ddagger d}$	E _i (level)	J_i^π	\mathbf{E}_{f}	J_f^π	Mult. [#]	α^{\dagger}	Comments
								α (N+)=3.61×10 ⁻⁵ 5
711 42 7	1257	1100 56	12/2+	477 012	0/2+			$\alpha(N)=3.07\times10^{-5} 5; \alpha(O)=5.02\times10^{-6} 7; \alpha(P)=4.00\times10^{-7} 6$
736 32 11	416	867.15	$(7/2^+)$	477.213	9/2* 7/2+	[M1 E2]	0.0047.9	$\alpha(K) = 0.0040 \ \% \ \alpha(L) = 0.00053 \ \% \ \alpha(M) = 0.000111 \ 16$
1000211		007110	()/=)	1001001	.,=	[,22]	010017	$\alpha(N+)=2.8\times10^{-5}$ 5
								$\alpha(N)=2.4\times10^{-5}$ 4; $\alpha(O)=3.9\times10^{-6}$ 7; $\alpha(P)=3.0\times10^{-7}$ 7
739.0 [°] 3	2.0 10	1784.76?	7/2-,9/2,11/2-	1045.925	9/2-			
740.84 <i>12</i> x742 9 2	7.08	2137.18	9/2-	1396.40	5/2-			
747.76 13	5.1 7	1311.09	7/2+,9/2,11/2	563.348	$9/2^{+}$			
754.25 12	10.8 6	1734.15	$(11/2^{-})$	979.91	$15/2^{-}$			
759.04 13	4.2 7	2155.17	(9/2 ⁻)	1396.40	5/2-			E_{γ} : poor fit; the level energy difference is equal to 758.78 6
765.19 12	6.7 7	765.38	(5/2+)	0.0	5/2+	[M1,E2]	0.0043 8	$\alpha(K) = 0.0037 \ 7; \ \alpha(L) = 0.00048 \ 8; \ \alpha(M) = 0.000101 \ 15;$
								$\alpha(N+)=2.0\times10^{-5} 4$
769 9 2	295	867 15	$(7/2^+)$	97 259	3/2+	[F2]	0.00344_5	$\alpha(K) = 0.00293 5; \alpha(L) = 0.000406 6; \alpha(M) = 8.44 \times 10^{-5} 12;$
10).) 2	2.75	007.15	(1/2))1.23)	5/2	[122]	0.005++ 5	$\alpha(N+)=2.16\times10^{-5}$ 3
								$\alpha(N)=1.85\times10^{-5}$ 3; $\alpha(O)=2.96\times10^{-6}$ 5; $\alpha(P)=2.13\times10^{-7}$ 3
779.16 14	5.0 8	867.15	$(7/2^+)$	87.940	5/2+	[M1]	0.00485 7	$\alpha(K)=0.00417 6; \alpha(L)=0.000534 8; \alpha(M)=0.0001104 16;$
								α (N+)=2.86×10 ⁻⁵ 4
784 55 8	246.6	784 531	7/2-	0.0	5/2+	E1	0.001200.78	$\alpha(N)=2.43\times10^{-5}$ 4; $\alpha(O)=3.9/\times10^{-6}$ 6; $\alpha(P)=3.1/\times10^{-7}$ 5
704.55 0	240 0	704.551	1/2	0.0	5/2	LI	0.001290 10	$\alpha(K)=0.001115$ 16: $\alpha(L)=0.0001390$ 20: $\alpha(M)=2.86\times10^{-5}$ 4:
								$\alpha(N+)=7.38\times10^{-6}$
								$\alpha(N)=6.28\times10^{-6} 9; \ \alpha(O)=1.021\times10^{-6} 15; \ \alpha(P)=7.97\times10^{-8} 12$
790.2 ^{&} 2	2.2 6	2155.17	(9/2-)	1365.01	$11/2^{-}$			
^x 792.8 2	2.8 7							
798.59 15	3.4 6	2359.87	$(7/2,9/2,11/2)^{-}$	1561.16	$(11/2^{-})$			
802.1 3	4.2 7	1365.01	11/2-	563.348	9/2*			
805.4 2	3.9 6	1958.67	9/2 ⁻ ,11/2	1153.35	$13/2^{-}$			
811.2 3	7.6 15	1857.39	7/2-	1045.925	9/2-			
819.47 15	22.7 12	950.35	$(9/2)^+$	130.804	7/2+	M1(+E2)	0.0036 7	$ce(K)=0.094 \ 10; \ \alpha(K)exp=0.0044 \ 6$
								$\alpha(K)=0.0031\ 6;\ \alpha(L)=0.00041\ 7;\ \alpha(M)=8.5\times10^{-5}\ 13;$
								$\alpha(N+)=2.2\times10^{-5} 4$
		1010						$\alpha(N)=1.9\times10^{-5}$ 3; $\alpha(O)=3.0\times10^{-6}$ 5; $\alpha(P)=2.3\times10^{-7}$ 5
829.42 15	25.7 9	1365.01	11/2-	535.588	$11/2^{-}$	M1(+E2)	0.0035 7	$ce(K)=0.075$ 9; $\alpha(K)exp=0.0031$ 4
								$\alpha(K)=0.0030\ 6;\ \alpha(L)=0.00040\ 7;\ \alpha(M)=8.3\times10^{-5}\ 13;$
								$\alpha(N+)=2.1\times10^{-5} 4$
								$\alpha(N)=1.8\times10^{-5}$ 3; $\alpha(O)=2.9\times10^{-6}$ 5; $\alpha(P)=2.3\times10^{-7}$ 5

From ENSDF

 $^{133}_{57}$ La₇₆-15

					¹³³ Ce ε de	cay (5.1 h)	1978He16 (continued)
						γ (¹³³ La	a) (continued)	
${\rm E_{\gamma}}^{\ddagger}$	$I_{\gamma}^{\ddagger d}$	E _i (level)	\mathbf{J}_i^{π}	E_{f}	J_f^π	Mult. [#]	α^{\dagger}	Comments
834.77 15	10.9 6	2199.95	(9/2 ⁻)	1365.01	11/2-	M1,E2	0.0035 7	ce(K)=0.031 7; α (K)exp=0.0030 7 α (K)=0.0030 6; α (L)=0.00039 6; α (M)=8.1×10 ⁻⁵ 13; α (N+)=2.1×10 ⁻⁵ 4 α (N)=0.10 ⁻⁵ 4 α (N)=0.10 ⁻⁵ 4 α (N)=0.10 ⁻⁵ 4 α (N)=0.10 ⁻⁵ 7 α (N)=0.10 ⁻⁵ 7 α (N)=0.10 ⁻⁵ 7 α (N)=0.0030 7 α (N)=0.003
838.1 2	3.7 6	838.24	9/2+	0.0	5/2+	[E2]	0.00283 4	$\alpha(N) = 1.8 \times 10^{-5} 3; \ \alpha(O) = 2.9 \times 10^{-5} 3; \ \alpha(P) = 2.2 \times 10^{-5} 5; \ \alpha(K) = 0.00241 4; \ \alpha(L) = 0.000329 5; \ \alpha(M) = 6.84 \times 10^{-5} 10; \ \alpha(N+) = 1.755 \times 10^{-5} 25$
841.37 ^c 14	12.7 7	1318.57?	7/2.9/2+	477.213	9/2+			$\alpha(N)=1.496\times10^{-5} 21; \ \alpha(O)=2.41\times10^{-6} 4; \ \alpha(P)=1.759\times10^{-7} 25$
^x 844.19 ^b 14	7.1 7		.1=,-1=		~1 =			
862.29 13	17.7 6	950.35	(9/2)+	87.940	5/2+	[E2]	0.00265 4	α (K)=0.00226 4; α (L)=0.000307 5; α (M)=6.38×10 ⁻⁵ 9; α (N+)=1.638×10 ⁻⁵ 23
867.2 ^e 5	≈8.2 ^e	867.15	(7/2 ⁺)	0.0	5/2+	[M1]	0.00376 6	$\alpha(N)=1.397\times10^{-5} 20; \ \alpha(O)=2.25\times10^{-6} 4; \ \alpha(P)=1.652\times10^{-7} 24$ $\alpha(K)=0.00324 5; \ \alpha(L)=0.000413 6; \ \alpha(M)=8.53\times10^{-5} 12;$ $\alpha(N+)=2.21\times10^{-5} 4$ $\alpha(N)=1.88\times10^{-5} 3; \ \alpha(O)=3.07\times10^{-6} 5; \ \alpha(P)=2.46\times10^{-7} 4$ $I_{\gamma}: I(\gamma+ce)=10.7 7 \text{ is divided on the basis of coincidence data}$ (1978He16)
867.2 ^e 5	2.5 ^e 5	1912.81	9/2-	1045.925	9/2-			I_{γ} : $I(\gamma+ce)=10.7$ 7 is divided on the basis of coincidence data (1978He16).
877.13 ^{&} 14 ^x 879.5 2	9.3 8 4.9 7	1715.40	7/2 ⁻ ,9/2 ⁻	838.24	9/2+			
887.7 2 ×901.79 15	6.2 <i>12</i> 5.0 7	1365.01	11/2-	477.213	9/2+			
906.13 11	11.1 7	1690.64	(9/2)-	784.531	7/2-	M1,E2	0.0029 6	ce(K)=0.026 5; α (K)exp=0.0025 6 α (K)=0.0025 5; α (L)=0.00032 5; α (M)=6.7×10 ⁻⁵ 11; α (N+)=1.7×10 ⁻⁵ 3 α (N)=1.47×10 ⁻⁵ 23; α (Q)=2.4×10 ⁻⁶ 4; α (P)=1.8×10 ⁻⁷ 4
914.8 <i>3</i>	3.4 7	1045.925	9/2-	130.804	7/2+	[E1]	0.000951 14	$\alpha(N) = 1.11 \times 10^{-5} 3;$ $\alpha(N) = 0.000823 \ 12; \ \alpha(L) = 0.0001020 \ 15; \ \alpha(M) = 2.10 \times 10^{-5} 3;$ $\alpha(N+) = 5.42 \times 10^{-6} 3;$ $\alpha(N) = 4.61 \times 10^{-6} 7; \ \alpha(Q) = 7.51 \times 10^{-7} \ 11; \ \alpha(R) = 5.00 \times 10^{-8} 0.53$
930.87 12	4.4 11	1715.40	7/2-,9/2-	784.531	7/2-			$\alpha(N) = 4.01 \times 10^{-6} /; \alpha(O) = 7.51 \times 10^{-6} / 11; \alpha(P) = 5.90 \times 10^{-6} 9$
943.70 9	14.6 10	2036.04	7/2-,9/2-	1092.38	7/2+,9/2+			
950.99 7	32.5 8	1735.44	(9/2)-	784.531	7/2-	(E2)	0.00213 3	ce(K)=0.053 7; α (K)exp=0.0017 3 α (K)=0.00182 3; α (L)=0.000244 4; α (M)=5.06×10 ⁻⁵ 7; α (N+)=1.300×10 ⁻⁵ 19
961.8 4	4 1	1092.38	7/2+,9/2+	130.804	7/2+	[M1]	0.00295 5	$\begin{aligned} \alpha(N) &= 1.108 \times 10^{-5} \ 16; \ \alpha(O) &= 1.79 \times 10^{-6} \ 3; \ \alpha(P) &= 1.334 \times 10^{-7} \ 19 \\ \alpha(K) &= 0.00254 \ 4; \ \alpha(L) &= 0.000323 \ 5; \ \alpha(M) &= 6.68 \times 10^{-5} \ 10; \\ \alpha(N+) &= 1.728 \times 10^{-5} \ 25 \\ \alpha(N) &= 1.469 \times 10^{-5} \ 21; \ \alpha(O) &= 2.40 \times 10^{-6} \ 4; \ \alpha(P) &= 1.93 \times 10^{-7} \ 3 \end{aligned}$

				¹³³ Ce	eεdecay	v (5.1 h) 1	978He16 (conti	nued)
						$\gamma(^{133}\text{La})$ (cor	ntinued)	
E_{γ}^{\ddagger}	$I_{\gamma}^{\ddagger d}$	E _i (level)	\mathbf{J}_i^{π}	E_f	J_f^π	Mult. [#]	a^{\dagger}	Comments
963.6 <i>4</i> 968.7 972.34 9	4 1 ≈3 24.9 11	1748.29 2122.59 2018.26	7/2,9/2 11/2 ⁻ 7/2 ⁻	784.531 1153.35 1045.925	7/2 ⁻ 13/2 ⁻ 9/2 ⁻	M1,E2	0.0025 5	ce(K)=0.061 7; α (K)exp=0.0026 4 α (K)=0.0021 4; α (L)=0.00027 5; α (M)=5.7×10 ⁻⁵ 9; α (N+)=1.46×10 ⁻⁵ 23
983.9 ^e 2	19.2 ^e 8	2029.84	7/2,9/2+	1045.925	9/2-			α (N)=1.24×10 ⁻⁵ <i>19</i> ; α (O)=2.0×10 ⁻⁶ <i>4</i> ; α (P)=1.6×10 ⁻⁷ <i>3</i> I _{γ} : I(γ +ce)=20.7 <i>8</i> is divided on the basis of coincidence data (1978He16)
983.9 ^e 2	≈1.5 ^e	2137.18	9/2-	1153.35	13/2-			I_{γ} : $I(\gamma+ce)=20.7$ 8 is divided on the basis of coincidence data (1078He16)
990.13 5	75 2	2036.04	7/2 ⁻ ,9/2 ⁻	1045.925	9/2-	M1(+E2)	0.0024 4	ce(K)=0.166 <i>16</i> ; α (K)exp=0.0023 <i>3</i> α (K)=0.0020 <i>4</i> ; α (L)=0.00026 <i>4</i> ; α (M)=5.4×10 ⁻⁵ <i>9</i> ; α (N+)=1.40×10 ⁻⁵ <i>22</i> α (N)=1.19×10 ⁻⁵ <i>19</i> ; α (O)=1.9×10 ⁻⁶ <i>3</i> ; α (P)=1.5×10 ⁻⁷ <i>3</i>
^x 997.25 11	6.3 6	1794 769	7/2= 0/2 11/2=	794 521	7/0-			
1000.2° 3 1004.49 <i>10</i>	2.2 6 9.0 6	1784.76? 1092.38	7/2 ,9/2,11/2 7/2 ⁺ ,9/2 ⁺	/84.531 87.940	7/2 5/2 ⁺	[M1,E2]	0.0023 4	$\alpha(K)=0.0020 \ 4; \ \alpha(L)=0.00025 \ 4; \ \alpha(M)=5.2\times10^{-5} \ 8; \ \alpha(N+)=1.35\times10^{-5} \ 21 \ \alpha(N)=1.15\times10^{-5} \ 18; \ \alpha(D)=1.0\times10^{-6} \ 3; \ \alpha(D)=1.5\times10^{-7} \ 3$
1016.22 9	12.3 6	2062.16	9/2-	1045.925	9/2-	M1(+E2)	0.0022 4	$\begin{aligned} \alpha(N) &= 1.13 \times 10^{-15} \times 10^$
1019.24 ^{&} <i>14</i>	3.0 6	1857.39	7/2-	838.24	9/2+			
1022.24 12	9.9 8	2175.64	(11/2 ⁻)	1153.35	13/2-	[M1]	0.00256 4	$\alpha(K)=0.00221 \ 3; \ \alpha(L)=0.000280 \ 4; \ \alpha(M)=5.78\times10^{-5} \ 8; \\ \alpha(N+)=1.497\times10^{-5} \ 21 \\ \alpha(N)=1.272\times10^{-5} \ 18; \ \alpha(Q)=2.08\times10^{-6} \ 2; \ \alpha(D)=1.671\times10^{-7} \ 24$
1036.3 <i>3</i>	3.1 15	1690.64	(9/2)-	654.60	11/2+	[E1]	0.000751 11	$\alpha(N)=1.275\times10^{-18}, \alpha(O)=2.08\times10^{-5}, \alpha(P)=1.071\times10^{-24}$ $\alpha(K)=0.000650 \ 10; \ \alpha(L)=8.02\times10^{-5} \ 12; \ \alpha(M)=1.650\times10^{-5}$ $24; \ \alpha(N+)=4.26\times10^{-6}$ $\alpha(N)=3.62\times10^{-6} \ 5; \ \alpha(O)=5.90\times10^{-7} \ 9; \ \alpha(P)=4.67\times10^{-8} \ 7$
1066.3 <i>3</i>	2.2 8	1850.90	(9/2-)	784.531	7/2-			u(1)=5.02×10 5, u(0)=5.90×10 9, u(1)=1.07×10 7
1073.20 12	7.3 8	1857.39	7/2-	784.531	7/2-			E_{γ} : poor fit; level energy difference is equal to 1072.86 3.
1076.6 2	3.8 7	2122.59	11/2-	1045.925	9/2-			5 5
1081.1 2	6.6 10	1735.44	(9/2)-	654.60	11/2+	[E1]	0.000694 10	$\alpha(K) = 0.000601 \ 9; \ \alpha(L) = 7.41 \times 10^{-5} \ 11; \ \alpha(M) = 1.523 \times 10^{-5} \ 22; \\ \alpha(N+) = 3.93 \times 10^{-6} \ 6$
1085 42 12	120.12	1850.00	$(0/2^{-})$	765 20	$(5/2^{+})$			$\alpha(N)=5.34\times10^{-6}$ 5; $\alpha(O)=5.45\times10^{-7}$ 8; $\alpha(P)=4.32\times10^{-6}$ 6
1091.7^{e} 2	$\approx 12^{e}$	1857.39	7/2-	765.38	$(5/2^+)$ $(5/2^+)$			I _{γ} : I(γ +ce)=31 2 is divided on the basis of coincidence data (1978He16).

From ENSDF

 $^{133}_{57} La_{76}$ -17

 $^{133}_{57} La_{76}$ -17

				¹³³ Ce ε d	ecay (5.1 h)	1978He16 (continued)
					γ ⁽¹³³ La)	(continued)	
E_{γ}^{\ddagger}	$I_{\gamma}^{\ddagger d}$	E _i (level)	J_i^π	$\mathbf{E}_f \qquad \mathbf{J}_f^{\pi}$	Mult. [#]	α^{\dagger}	Comments
1091.7 ^e 2	19 ^e 3	2137.18	9/2-	1045.925 9/2-			E_{γ} : poor fit; the level energy difference is equal to 1091.25 7 keV. I_{γ} : $I(\gamma+ce)=31$ 2 is divided on the basis of coincidence data (1978He16): Aly assigned by evaluators
1107.1 ^{<i>c</i>} 3 1109.44 <i>14</i> 1121.5 2 1128.0 2 1129.7 ^{<i>e</i>} 2	2.8 7 4.9 7 2.5 7 6.0 10 ≈1.2 ^e	1194.63? 2155.17 1218.90 1912.81 1784.19	7/2,9/2 ⁺ (9/2 ⁻) 7/2 ⁺ 9/2 ⁻ (9/2 ⁺ ,11/2 ⁺)	87.940 5/2 ⁺ 1045.925 9/2 ⁻ 97.259 3/2 ⁺ 784.531 7/2 ⁻ 654.60 11/2 ⁺			I_{γ} : I(γ +ce)=13.5 <i>10</i> is divided on the basis of coincidence data
1129.7 ^e 2	12.3 ^e 10	2175.64	(11/2 ⁻)	1045.925 9/2-	(M1,E2)	0.0018 3	(1978He16). $\alpha(K)\exp=0.00118\ 23$ $\alpha(K)=0.00151\ 25;\ \alpha(L)=0.00019\ 3;\ \alpha(M)=4.0\times10^{-5}\ 6;$ $\alpha(N+)=1.14\times10^{-5}\ 15$ $\alpha(N)=8.8\times10^{-6}\ 13;\ \alpha(O)=1.43\times10^{-6}\ 22;\ \alpha(P)=1.13\times10^{-7}\ 20;$ $\alpha(IPF)=1.057\times10^{-6}\ 23$ $E_{\gamma}:$ from Table I (1978He16); in the ¹³³ La level scheme (Fig.3) E=1219.7. $I_{\gamma}: I(\gamma+ce)=13.5\ 10$ is divided on the basis of coincidence data (1978He16). $\alpha(K)\exp:$ calculated by evaluators assuming mult.=(M1+E2) for 1128.0-keV γ placed between levels with J=(9/2) ⁻ and J=7/2 ⁻ , and data from 1978He16
1135.9 ^c 3 1143.0 ^c 4 1152.05 11	1.7 6 1.3 6	2501.31 2122.59 1806.62	$9/2^{-},11/2^{+}$ $11/2^{-}$ $(9/2^{-},11/2^{-})$	$\begin{array}{rrrr} 1365.01 & 11/2^{-} \\ 979.91 & 15/2^{-} \\ 654.60 & 11/2^{+} \end{array}$	(F1)	0 000629 9	$\alpha(K) = 0.000535 \ 8. \ \alpha(L) = 6.58 \times 10^{-5} \ 10. \ \alpha(M) = 1.353 \times 10^{-5} \ 10.$
1152.05 11	11.5 0	1800.02	(9/2 ,11/2)	034.00 11/2	(E1)	0.000029 9	$\alpha(N)=0.000353 \text{ s}, \alpha(L)=0.38\times10^{-7} 10, \alpha(M)=1.333\times10^{-7} 19, \alpha(N)=1.506\times10^{-5} 2$ $\alpha(N)=2.97\times10^{-6} 5; \alpha(O)=4.85\times10^{-7} 7; \alpha(P)=3.85\times10^{-8} 6; \alpha(IPF)=1.156\times10^{-5} 17$ Mult.: from ce(K)=2.5 5 and $\alpha(K)$ exp=0.00088 18 (calculated by evaluators) values for the 1152.05 γ +1154.68 γ , it can be deduced that one of the two transitions should be of mult=E1 and the other of mult=E2,M1. If mult(1154 γ)=(M1,E2) according to decay pattern then mult(1152 γ)=(E1).
1154.68 ^{<i>f</i>} 10	16.9 9	2199.95	(9/2 ⁻)	1045.925 9/2-	[M1,E2]	0.0017 3	$\alpha(K)=0.00144\ 23;\ \alpha(L)=0.00018\ 3;\ \alpha(M)=3.8\times10^{-5}\ 6;\ \alpha(N+)=1.20\times10^{-5}\ 14$ $\alpha(N)=8.4\times10^{-6}\ 13;\ \alpha(O)=1.36\times10^{-6}\ 21;\ \alpha(P)=1.08\times10^{-7}\ 19;\ \alpha(IPF)=2.20\times10^{-6}\ 5$ $E_{\gamma}:\ poor\ fit;\ the\ level\ energy\ difference\ is\ equal\ to\ 1154.02\ 6\ keV.$ Mult.: see comment on 1152 γ from 1806.6 keV level.

				13	³ Ce ε deca	ny (5.1 h)	1978He16 (cont	inued)
						γ ⁽¹³³ La) (co	ontinued)	
${\rm E_{\gamma}}^{\ddagger}$	$I_{\gamma}^{\ddagger d}$	E _i (level)	J_i^{π}	\mathbf{E}_{f}	\mathbf{J}_f^{π}	Mult. [#]	a^{\dagger}	Comments
1168.76 <i>14</i> 1172.05 <i>10</i>	4.5 9 15.1 9	2036.04 1735.44	7/2 ⁻ ,9/2 ⁻ (9/2) ⁻	867.15 563.348	(7/2 ⁺) 9/2 ⁺	[E1]	0.000617 9	$\alpha(K)=0.000518 \ 8; \ \alpha(L)=6.38\times10^{-5} \ 9; \ \alpha(M)=1.311\times10^{-5} \ 19; \\ \alpha(N+)=2.13\times10^{-5} \ 3 \\ \alpha(N)=2.88\times10^{-6} \ 4; \ \alpha(O)=4.70\times10^{-7} \ 7; \ \alpha(P)=3.73\times10^{-8} \ 6; \\ \alpha(IPF)=1.79\times10^{-5} \ 3 $
1174.1 <i>3</i> 1180.1 ^{<i>c</i>} 2 1183.33 <i>9</i>	3.8 <i>10</i> 3.0 7 28.0 9	1715.40 1715.40 1967.76	7/2 ⁻ ,9/2 ⁻ 7/2 ⁻ ,9/2 ⁻ 7/2 ⁻ ,9/2 ⁻	541.20 535.588 784.531	7/2 ⁺ 11/2 ⁻ 7/2 ⁻	M1,E2	0.00159 25	ce(K)=0.033 5; α (K)exp=0.0013 3 α (K)=0.00137 22; α (L)=0.000175 25; α (M)=3.6×10 ⁻⁵ 6; α (N+)=1.37×10 ⁻⁵ 13 α (N)=7.9×10 ⁻⁶ 12; α (O)=1.29×10 ⁻⁶ 19; α (P)=1.02×10 ⁻⁷ 18; α (PE)=4.40×10 ⁻⁶ 9
1187.1 ^{<i>c</i>} 2 1190.33 <i>10</i> 1196.28 <i>11</i> 1199.9 2	3.6 7 11.8 7 16.1 <i>10</i> 40 <i>3</i>	1778.23? 1753.62 1850.90 1735.44	7/2,9/2,11/2 ⁺ 7/2 ⁻ ,9/2,11/2 ⁺ (9/2 ⁻) (9/2) ⁻	591.25 563.348 654.60 535.588	7/2,9/2 ⁺ 9/2 ⁺ 11/2 ⁺ 11/2 ⁻	[M1]	0.001779 25	$\alpha(\text{K})=0.001530\ 22;\ \alpha(\text{L})=0.000193\ 3;\ \alpha(\text{M})=3.99\times10^{-5}\ 6;\alpha(\text{N}+)=1.636\times10^{-5}\ 2\alpha(\text{N})=8.77\times10^{-6}\ 13;\ \alpha(\text{O})=1.435\times10^{-6}\ 20;\ \alpha(\text{P})=1.155\times10^{-7}\ 17;\ \alpha(\text{PE})=6.04\times10^{-6}\ 9$
1207.04 <i>11</i> 1212.9 <i>2</i>	15.6 9 20 2	1748.29 1690.64	7/2,9/2 (9/2) ⁻	541.20 477.213	7/2 ⁺ 9/2 ⁺	[E1]	0.000598 <i>9</i>	$\alpha(K)=0.000488 7; \ \alpha(L)=5.99\times10^{-5} 9; \ \alpha(M)=1.231\times10^{-5} 18; \alpha(N+)=3.85\times10^{-5} 6 \alpha(N)=2.70\times10^{-6} 4; \ \alpha(O)=4.41\times10^{-7} 7; \ \alpha(P)=3.51\times10^{-8} 5; \alpha(IPF)=3.53\times10^{-5} 5 E_{\gamma}: poor fit; the level energy difference is equal to 1213.43 4 Level 10 Compared to 1213.43 4 Compared to$
1217.7 ^{<i>c</i>} 3 1221.2 3 1225.4 3 1233.64 11	2.8 7 6.2 <i>15</i> 1.8 6 12.8 8	1753.62 1784.19 2175.64 2018.26	7/2 ⁻ ,9/2,11/2 ⁺ (9/2 ⁺ ,11/2 ⁺) (11/2 ⁻) 7/2 ⁻	535.588 563.348 950.35 784.531	11/2 ⁻ 9/2 ⁺ (9/2) ⁺ 7/2 ⁻	M1(+E2)	0.00146 22	keV. ce(K)=0.021 4; α (K)exp=0.0017 4 α (K)=0.00125 19; α (L)=0.000159 23; α (M)=3.3×10 ⁻⁵ 5; α (N+)=1.89×10 ⁻⁵ 11 α (N)=7.2×10 ⁻⁶ 11; α (O)=1.18×10 ⁻⁶ 17; α (P)=9.3×10 ⁻⁸ 16; α (RE)=1.044×10 ⁻⁵ 10
1238.0 2 1245.1 2 1249.1 ^c 3 1251.68 15 1258.2 ^e 5	3.67 5.410 4.36 8.57 ≈12 ^e	1715.40 2029.84 1784.76? 2036.04 1735.44	7/2 ⁻ ,9/2 ⁻ 7/2,9/2 ⁺ 7/2 ⁻ ,9/2,11/2 ⁻ 7/2 ⁻ ,9/2 ⁻ (9/2) ⁻	477.213 784.531 535.588 784.531 477.213	9/2 ⁺ 7/2 ⁻ 11/2 ⁻ 7/2 ⁻ 9/2 ⁺	[E1]	0.000585 9	$\alpha(\text{K})=0.000457\ 7;\ \alpha(\text{L})=5.61\times10^{-5}\ 8;\ \alpha(\text{M})=1.152\times10^{-5}\ 17;$

 $^{133}_{57}$ La₇₆-19

				¹³³ C	e ε deca	y (5.1 h)	1978He16 (co	ntinued)
						γ ⁽¹³³ La) (c	continued)	
E_{γ}^{\ddagger}	$I_{\gamma}^{\ddagger d}$	E _i (level)	${ m J}^{\pi}_i$	\mathbf{E}_{f}	\mathbf{J}_f^{π}	Mult. [#]	α^{\dagger}	Comments
1258.2 ^e 5	~10 ^e	1912 81	9/2-	654.60	11/2+			$\alpha(N+)=6.09\times10^{-5} 9$ $\alpha(N)=2.53\times10^{-6} 4; \ \alpha(O)=4.13\times10^{-7} 6; \ \alpha(P)=3.29\times10^{-8} 5;$ $\alpha(IPF)=5.79\times10^{-5} 9$ I _{\gamma} : 22.2 <i>10</i> is divided on the basis of coincidence data (1978He16).
1250.2 5	×10	1712.01	7/2	051.00	11/2			(1978He16).
1265.57 15	9.2 8	1396.40	5/2-	130.804	7/2+			
1270.95 <i>14</i> 1277.47 <i>10</i>	9.5 8 16.0 <i>11</i>	1806.62 2062.16	(9/2 ⁻ ,11/2 ⁻) 9/2 ⁻	535.588 784.531	11/2 ⁻ 7/2 ⁻	(M1,E2)	0.00136 20	ce(K)=0.012 3; α (K)exp=0.0008 3 α (K)=0.00116 17; α (L)=0.000147 21; α (M)=3.0×10 ⁻⁵ 5; α (N+)=2.51×10 ⁻⁵ 10 α (N)=6.7×10 ⁻⁶ 10; α (O)=1.09×10 ⁻⁶ 16; α (P)=8.6×10 ⁻⁸ 14; α (IPF)=1.73×10 ⁻⁵ 3
1287.58 7	21.9 8	1850.90	$(9/2^{-})$	563.348	$9/2^{+}$			
1294.07 11	7.6 7	1857.39	7/2-	563.348	$9/2^+$			
1301.2 3 ×1305 0 2	2.77	1778.23?	//2,9/2,11/2	4/7.213	9/21			
1309.7 2	5.0 10	1850.90	$(9/2^{-})$	541.20	$7/2^{+}$			
1314.1 2	4.9 10	2359.87	$(7/2,9/2,11/2)^{-}$	1045.925	9/2-			
1316.1 2	4.6 15	1857.39	7/2-	541.20	$7/2^{+}$			
x1333.21 15	5.9 11	2501.21	0/2-11/2+	1152.05	10/0-			
1348.02 I2 $1352 0^{\circ} 5$	1.27	2501.31	9/2, 11/2 ·	1153.35	$\frac{13}{2}$			
1362.41 9	15.4 7	1857.39	$7/2^{-}$	495.02	$7/2^+$			
^x 1365.8 2	2.9 6	100/102	.,_	.,,,,,	• / =			
1369.9 ^c 4	1.2 6	2734.8?	7/2-,9/2+	1365.01	$11/2^{-}$			
1377.22 7	44 1	1912.81	9/2-	535.588	11/2-	M1,E2	0.00118 16	ce(K)=0.035 5; α (K)exp=0.00084 13 α (K)=0.00099 14; α (L)=0.000125 17; α (M)=2.6×10 ⁻⁵ 4; α (N+)=4.61×10 ⁻⁵ 10 α (N)=5.7×10 ⁻⁶ 8; α (O)=9.3×10 ⁻⁷ 13; α (P)=7.3×10 ⁻⁸ 11; α (IPF)=3.94×10 ⁻⁵ 6
1380.19 11	6.4 7	1857.39	7/2-	477.213	9/2+			
1395.1 <i>3</i>	2.2 7	1958.67	9/2-,11/2	563.348	9/2+			
1404.51 11	5.4 6	1967.76	7/2 ⁻ ,9/2 ⁻	563.348	$9/2^+$			
1407.5 5	1.2 6	2062.16	9/2 7/2- 0/2 11/2+	654.60 562.249	$11/2^{+}$			
1419.9 3 1423 1 4	5.07 115	1983.38	$\frac{1}{2}, \frac{9}{2}, \frac{11}{2}$ $\frac{9}{2}, \frac{11}{2}$	535 588	$\frac{9/2}{11/2^{-1}}$			
1432.22 7	30.6 8	1967.76	7/29/2-	535.588	$11/2^{-1}$	M1.E2	0.00111 14	$ce(K)=0.024$ 4: $\alpha(K)exp=0.00083$ 15
/			., - , -, -		-,-	,		$\alpha(K)=0.00091 \ 12; \ \alpha(L)=0.000115 \ 15; \ \alpha(M)=2.4\times10^{-5} \ 3;$

 $^{133}_{57}$ La₇₆-20

From ENSDF

 $^{133}_{57} La_{76}$ -20

					¹³³ Ce	ε decay	(5.1 h) 19	78He16 (conti	nued)	
γ ⁽¹³³ La) (continued)										
	E_{γ}^{\ddagger}	$I_{\gamma}^{\ddagger d}$	E _i (level)	J^{π}_i	E_f	J_f^π	Mult. [#]	α^{\dagger}	Comments	
									$\alpha(N+)=6.18\times10^{-5} \ I2$ $\alpha(N)=5.2\times10^{-6} \ 7; \ \alpha(O)=8.5\times10^{-7} \ I1; \ \alpha(P)=6.8\times10^{-8} \ I0;$ $\alpha(IPF)=5.56\times10^{-5} \ 8$	
	1435.6 3	1.3 6	1912.81	9/2 ⁻	477.213	$9/2^+$				
	$1447.7^{e} 4$ $1455.3^{e} 5$	$\approx 1.1^{e}$	1983.38 2018.26	7/2 ,9/2,11/2 7/2 ⁻	535.588 563.348	11/2 9/2 ⁺			I _y : I(y+ce)=2.3 6 is divided on the basis of coincidence data (1978He16)	
	1455.3 ^e 5	≈1.2 ^e	2501.31	9/2-,11/2+	1045.925	9/2-			I_{γ} : $I(\gamma+ce)=2.3$ 6 is divided on the basis of coincidence data (1978He16).	
	1465.3 ^{ef} 2	≈2 ^e	2029.84	7/2,9/2+	563.348	9/2+			E_{γ} : poor fit; the level energy difference is equal to 1466.49 9. I_{γ} : $I(\gamma+ce)=18.9$ 8 is divided on the basis of coincidence data (1978He16).	
	1465.3 ^e 2	16.9 ^e 8	2250.00	7/2+,9/2+	784.531	7/2-			I_{γ} : I(γ +ce)=18.9 8 is divided on the basis of coincidence data (1978He16).	
	1472.08 11	7.1 8	2035.22	$(7/2^-, 9/2^-, 11/2^-)$	563.348	9/2+				
	1494.85 5	82 2	2036.04	7/2 ⁻ ,9/2 ⁻	541.20	7/2+	E1	0.000605 9	ce(K)=0.018 4; α (K)exp=0.00023 6 α (K)=0.000339 5; α (L)=4.14×10 ⁻⁵ 6; α (M)=8.51×10 ⁻⁶ 12; α (N+)=0.000216 3 α (N)=1.87×10 ⁻⁶ 3; α (O)=3.06×10 ⁻⁷ 5; α (P)=2.44×10 ⁻⁸ 4;	
	1409 0 2	715	2062 16	0/2-	562 210	0/2+			α (IPF)=0.000214 3	
	1498.95 150041^{e} 6	$121^{e} 4$	2002.10	9/2 7/2 ⁻ 9/2 ⁻	535 588	$\frac{9/2}{11/2^{-1}}$	M1 E2	0.00103.12	$ce(K)=0.078$ 11: $\alpha(K)exp=0.00068$ 11	
	1300.11	121 /	2030.01	//2 ,//2	555,566	11/2	1111,22	0.00103 12	$\alpha(K)=0.0082 \ 11; \ \alpha(L)=0.000104 \ 13; \ \alpha(M)=2.1\times10^{-5} \ 3; \ \alpha(N+)=8.38\times10^{-5} \ 15 \ \alpha(N)=4.7\times10^{-6} \ 6; \ \alpha(O)=7.7\times10^{-7} \ 10; \ \alpha(P)=6.1\times10^{-8} \ 9; \ \alpha(IPF)=7.82\times10^{-5} \ 12 \ I_{\gamma}: I(\gamma+ce)=123 \ 3 \text{ is divided on the basis of coincidence data} $	
	1500.41 ^e 6	≈2 ^e	2155.17	(9/2 ⁻)	654.60	11/2+			E_{γ} : poor fit; the level energy difference is equal to 1500.58 5 keV. I_{γ} : I(γ +ce)=123 3 is divided on the basis of coincidence data	
	1506.28 <i>12</i> 1521.03 <i>10</i> 1526.56 <i>6</i>	5.3 7 14.5 9 63 2	1983.38 2062.16 2062.16	7/2 ⁻ ,9/2,11/2 ⁺ 9/2 ⁻ 9/2 ⁻	477.213 541.20 535.588	9/2+ 7/2+ 11/2-	E2(+M1)	0.00101 12	(1978He16). ce(K)=0.036 8; α(K)exp=0.00061 14	
							、 /		$\begin{aligned} &\alpha(\mathrm{K}) = 0.00079 \ 10; \ \alpha(\mathrm{L}) = 0.000100 \ 12; \ \alpha(\mathrm{M}) = 2.07 \times 10^{-5} \ 25; \\ &\alpha(\mathrm{N}+) = 9.30 \times 10^{-5} \ 17 \\ &\alpha(\mathrm{N}) = 4.5 \times 10^{-6} \ 6; \ \alpha(\mathrm{O}) = 7.4 \times 10^{-7} \ 9; \ \alpha(\mathrm{P}) = 5.9 \times 10^{-8} \ 8; \end{aligned}$	
	x1544.47 15	3.1.6							α (IPF)=8.76×10 ⁻⁵ 13	
		2.1 0								

 $^{133}_{57} La_{76}$ -21

				¹³³ Ce	ε decay	(5.1 h)	1978He16 (con	tinued)			
γ ⁽¹³³ La) (continued)											
E_{γ}^{\ddagger}	$I_{\gamma}^{\ddagger d}$	E _i (level)	J_i^π	E_f	J_f^π	Mult. [#]	α^{\dagger}	Comments			
1557.82 <i>10</i> ^x 1567.9 <i>3</i>	9.2 <i>13</i> 1.9 8	2035.22	(7/2 ⁻ ,9/2 ⁻ ,11/2 ⁻)	477.213	9/2+						
1573.65 <i>10</i> 1584.62 <i>6</i>	8.1 <i>6</i> 61 2	2137.18 1715.40	9/2 ⁻ 7/2 ⁻ ,9/2 ⁻	563.348 130.804	9/2 ⁺ 7/2 ⁺	E1	0.000636 9	ce(K)=0.015 3; α (K)exp=0.00026 6 α (K)=0.000308 5; α (L)=3.75×10 ⁻⁵ 6; α (M)=7.71×10 ⁻⁶ 11; α (N+)=0.000283 4 α (N)=1.694×10 ⁻⁶ 24; α (O)=2.77×10 ⁻⁷ 4; α (P)=2.22×10 ⁻⁸ 4; α (HE)=0.00281 4			
1595.43 <i>11</i> 1601.3 ^c 5 1612.3 2	6.9 6 ≈ 1.8 3.8 6	2250.00 2137.18 2175.64	7/2 ⁺ ,9/2 ⁺ 9/2 ⁻ (11/2 ⁻)	654.60 535.588 563.348	11/2 ⁺ 11/2 ⁻ 9/2 ⁺			$\alpha(1FF)=0.000281.4$			
1620.0 2	4.6 7	2155.17	$(9/2^{-})$	535.588	11/2-			E_{γ} : poor fit; the level energy difference is equal to 1619.59 5 keV.			
1623.0 2 1636.7 2	2.4 6 11.5 6	1753.62 2199.95	7/2 ⁻ ,9/2,11/2 ⁺ (9/2 ⁻)	130.804 563.348	7/2 ⁺ 9/2 ⁺	[E1]	0.000657 10	$\alpha(K)=0.000292 \ 4; \ \alpha(L)=3.55\times10^{-5} \ 5; \ \alpha(M)=7.30\times10^{-6} \ 11; \ \alpha(N+)=0.000322 \ 5 \ \alpha(N)=1.605\times10^{-6} \ 23; \ \alpha(O)=2.62\times10^{-7} \ 4; \ \alpha(P)=2.10\times10^{-8} \ 3;$			
1640.2 <i>3</i> 1646.9 ^c <i>3</i> 1653.4 2	3.7 6 3.1 8 12.3 8	2175.64 1778.23? 1784.19	$(11/2^{-})$ 7/2,9/2,11/2 ⁺ $(9/2^{+},11/2^{+})$	535.588 130.804 130.804	11/2 ⁻ 7/2 ⁺ 7/2 ⁺			α (IPF)=0.000321 5			
1658.9 <i>3</i>	4.3 5	2199.95	(9/2 ⁻)	541.20	7/2+	[E1]	0.000666 10	$\begin{aligned} &\alpha(\mathrm{K}) = 0.000285 \ 4; \ \alpha(\mathrm{L}) = 3.48 \times 10^{-5} \ 5; \ \alpha(\mathrm{M}) = 7.14 \times 10^{-6} \ 10; \\ &\alpha(\mathrm{N}+) = 0.000339 \ 5 \\ &\alpha(\mathrm{N}) = 1.569 \times 10^{-6} \ 22; \ \alpha(\mathrm{O}) = 2.56 \times 10^{-7} \ 4; \ \alpha(\mathrm{P}) = 2.06 \times 10^{-8} \ 3; \end{aligned}$			
1664.4 2	19.2 8	2199.95	(9/2 ⁻)	535.588	11/2-	[M1]	0.000999 14				
1678 3 3	6612	2155 17	$(9/2^{-})$	477 213	9/2+			1664 γ is different.			
^x 1683.2 3 ^x 1686.0 4	3.5 5	2133.17	(7/4)	тт.213	<i>) 4</i>						
1698.0 <i>3</i> 1705.5 ^{<i>c</i>} <i>3</i> 1712.4 <i>3</i>	7.5 6 4.2 7 3.2 6	2851.11 2572.76? 2367.35	(9/2 ⁻ ,11/2 ⁺) (7/2 ⁺) (7/2,9/2) ⁺	1153.35 867.15 654.60	13/2 ⁻ (7/2 ⁺) 11/2 ⁺						

From ENSDF

 $^{133}_{57}\mathrm{La_{76}}$ -22

 $^{133}_{57} La_{76}$ -22

				13	³³ Ce ε d	ecay (5.1 l	n) 1978He16	(continued)
						γ ⁽¹³³ L	La) (continued)	
E _γ ‡	$I_{\gamma}^{\ddagger d}$	E _i (level)	\mathbf{J}_i^{π}	E_f	\mathbf{J}_f^{π}	Mult. [#]	α^{\dagger}	Comments
1720.2 2	32.7 8	1850.90	(9/2 ⁻)	130.804	7/2+	(E1)	0.000693 10	$ \begin{array}{l} \alpha(\mathrm{K}) = 0.000269 \ 4; \ \alpha(\mathrm{L}) = 3.27 \times 10^{-5} \ 5; \ \alpha(\mathrm{M}) = 6.72 \times 10^{-6} \ 10; \\ \alpha(\mathrm{N}+) = 0.000385 \ 6 \\ \alpha(\mathrm{N}) = 1.477 \times 10^{-6} \ 21; \ \alpha(\mathrm{O}) = 2.41 \times 10^{-7} \ 4; \ \alpha(\mathrm{P}) = 1.94 \times 10^{-8} \ 3; \\ \alpha(\mathrm{IPF}) = 0.000383 \ 6 \end{array} $
1722.7 3	4.5 7	2199.95	(9/2 ⁻)	477.213	9/2+	[E1]	0.000695 10	Mult.: deduced by evaluators from cc spectrum (fig. 2) of 1978He16 as Ice(K)(1720) \leq Ice(K)(1664) and Ice(K)(1769). α (K)=0.000268 4; α (L)=3.26×10 ⁻⁵ 5; α (M)=6.70×10 ⁻⁶ 10; α (N+)=0.000387 6 α (N)=1.473×10 ⁻⁶ 21; α (O)=2.41×10 ⁻⁷ 4; α (P)=1.93×10 ⁻⁸ 3; α (IPF)=0.000385 6
1726.7 <i>3</i> 1769.36 <i>8</i>	5.0 6 31.1 7	1857.39 1857.39	7/2 ⁻ 7/2 ⁻	130.804 87.940	7/2+ 5/2+	E1	0.000717 10	ce(K)=0.0060 18; α (K)exp=0.00020 7 α (K)=0.000257 4; α (L)=3.12×10 ⁻⁵ 5; α (M)=6.41×10 ⁻⁶ 9; α (N+)=0.000422 6 α (N)=1.410×10 ⁻⁶ 20; α (O)=2.30×10 ⁻⁷ 4; α (P)=1.85×10 ⁻⁸ 3;
1782.03 7	17.6 8	1912.81	9/2-	130.804	7/2+	E1	0.000723 11	$\begin{array}{l} \alpha(\mathrm{IPF})=0.000421\ 6\\ \mathrm{ce}(\mathrm{K})=0.040\ 16;\ \alpha(\mathrm{K})\mathrm{exp}=0.00024\ 10\\ \alpha(\mathrm{K})=0.000254\ 4;\ \alpha(\mathrm{L})=3.09\times10^{-5}\ 5;\ \alpha(\mathrm{M})=6.34\times10^{-6}\ 9;\\ \alpha(\mathrm{N}+)=0.000432\ 6\\ \alpha(\mathrm{N})=1.393\times10^{-6}\ 20;\ \alpha(\mathrm{O})=2.28\times10^{-7}\ 4;\ \alpha(\mathrm{P})=1.83\times10^{-8}\ 3;\\ \alpha(\mathrm{PE})=0.000430\ 6 \end{array}$
1824.4 ^{<i>c</i>} 4 1837.3 3 1846.5 4 1852.3 2	2.4 8 3.1 7 1.1 5 14.0 7	1912.81 1967.76 2501.31 1983.38	9/2 ⁻ 7/2 ⁻ ,9/2 ⁻ 9/2 ⁻ ,11/2 ⁺ 7/2 ⁻ ,9/2,11/2 ⁺	87.940 130.804 654.60 130.804	5/2 ⁺ 7/2 ⁺ 11/2 ⁺ 7/2 ⁺			<i>a</i> (IIT)=0.000450 0
1858.0^{cf} 3 1872.4^{c} 4 x1876.3 3	2.0 5 0.8 4 2.6 14	1857.39 2367.35	7/2 ⁻ (7/2,9/2) ⁺	0.0 495.02	5/2+ 7/2+			E_{γ} : poor fit; level energy difference is equal to 1857.39 3.
1887.3 <i>3</i> 1890.3 <i>3</i> 1899.1 <i>2</i> 1905.1 <i>3</i> 1931.4 <i>2</i> 1941.83 <i>15</i> 1960.3 <i>5</i> *1962.9 <i>3</i>	$25.9 8 \\ 1.8 7 \\ 4.2 6 \\ 1.7 5 \\ 7.6 11 \\ 7.3 6 \\ \approx 1.8 \\ 6 5 10 \\ $	2018.26 2367.35 2029.84 2036.04 2062.16 2029.84 2501.31	7/2 ⁻ (7/2,9/2) ⁺ 7/2,9/2 ⁺ 7/2 ⁻ ,9/2 ⁻ 9/2 ⁻ 7/2,9/2 ⁺ 9/2 ⁻ ,11/2 ⁺	130.804 477.213 130.804 130.804 130.804 87.940 541.20	7/2 ⁺ 9/2 ⁺ 7/2 ⁺ 7/2 ⁺ 7/2 ⁺ 5/2 ⁺ 7/2 ⁺			E_{γ} : 1887.3 γ is given in table I and 1887.5 in fig.3 of 1978He16.
2001.9 <i>3</i> 2018 23 <i>11</i>	1.8 4 34 8 8	2132.08	7/2,9/2 ⁺	130.804	$7/2^+$ $5/2^+$			E_{γ} : poor fit; the level energy difference is equal to 2001.28 7 keV.
2018.23 11 2030.4 3 2044.09 7 x2051.45 12	2.5 <i>4</i> 17.8 6 1.1 2	2018.20 2029.84 2132.08	7/2,9/2 ⁺ 7/2,9/2 ⁺	0.0 0.0 87.940	5/2 ⁺ 5/2 ⁺ 5/2 ⁺			E_{γ} : poor fit; the level energy difference is equal to 2029.84 9.

 $^{133}_{57}La_{76}$ -23

				1	h) 1978He16	6 (continued)			
γ ⁽¹³³ La) (continued)									
E_{γ}^{\ddagger}	$I_{\gamma}^{\ddagger d}$	E _i (level)	\mathbf{J}_i^{π}	E_f	J_f^π	Mult. [#]	α^{\dagger}	Comments	
^x 2057.4 3	0.4 1								
^x 2063.8 <i>3</i>	0.94 10							5	
2069.2 <i>3</i>	0.66 10	2199.95	(9/2 ⁻)	130.804	7/2+	[E1]	0.000870 13	$\begin{aligned} &\alpha(\mathbf{K}) = 0.000200 \ 3; \ \alpha(\mathbf{L}) = 2.43 \times 10^{-5} \ 4; \ \alpha(\mathbf{M}) = 4.98 \times 10^{-6} \ 7; \\ &\alpha(\mathbf{N}+) = 0.000641 \ 9 \\ &\alpha(\mathbf{N}) = 1.095 \times 10^{-6} \ 16; \ \alpha(\mathbf{O}) = 1.79 \times 10^{-7} \ 3; \ \alpha(\mathbf{P}) = 1.443 \times 10^{-8} \ 21; \\ &\alpha(\mathbf{IPF}) = 0.000639 \ 9 \end{aligned}$	
^x 2075.0 5	0.03 8								
$2095.8^{\circ} 4$	0.49 8	2572.76?	$(7/2^+)$	477.213	$9/2^{+}$				
2111.84 13	15.2 9	2199.95	(9/2 ⁻)	87.940	5/2+	[M2]	0.001262 18	α (K)=0.000919 <i>13</i> ; α (L)=0.0001170 <i>17</i> ; α (M)=2.42×10 ⁻⁵ <i>4</i> ; α (N+)=0.000202 α (N)=5.32×10 ⁻⁶ <i>8</i> ; α (O)=8.71×10 ⁻⁷ <i>13</i> ; α (P)=7.02×10 ⁻⁸ <i>10</i> :	
								α(IPF)=0.000196 <i>3</i>	
2119.2 2	32 2	2250.00	7/2+,9/2+	130.804	7/2+				
2132.1 3	1.0 1	2132.08	7/2,9/2+	0.0	$5/2^{+}$				
2147.2 3	2.2.2								
$^{\circ}2160.04$	0.90 10	2208 52	$7/2 0/2^+$	120 804	7/2+				
x2107.0 4	192	2290.31	1/2,9/2	150.604	112				
2196.4 4	0.38 7	2851.11	$(9/2^{-}, 11/2^{+})$	654.60	$11/2^{+}$				
2210.6 ^c 4	1.05 8	2298.5?	7/2,9/2+	87.940	$5/2^{+}$				
^x 2217.1 4	0.40 6								
2237.0 5	0.35 7	2367.35	$(7/2, 9/2)^+$	130.804	7/2+				
2249.9 [°] 8	0.19 5	2250.00	7/2+,9/2+	0.0	5/2+				
2279.1 6	1.3 1	2367.35	(1/2,9/2)+	87.940	$5/2^{+}$				
2291.2 /	0.41 0	2851-11	(9/2 - 11/2 +)	535 589	11/2-				
^x 2320.1 9	0.32.5 0.72.7	2031.11	(9/2 ,11/2)	555.500	11/2				
2349.0 10	0.27 4								
2367.6 10	0.20 5	2367.35	$(7/2, 9/2)^+$	0.0	$5/2^{+}$				
2373.6 6	0.48 6	2851.11	$(9/2^{-}, 11/2^{+})$	477.213	9/2+				
2441.8 [°] 11	0.13 5	2572.76?	$(7/2^+)$	130.804	7/2+				
2474.8 [°] 11	0.31 7	2572.76?	$(7/2^+)$	97.259	$3/2^{+}$				
2575.7 4	0.63 6	0724.00	7/2 - 0/2 +	120.004	7/2+				
2004.0 9	0.30 4	2/34.8?	1/2, $9/2$ ' ($0/2^{-}$, $11/2^{+}$)	130.804	7/2 ' 7/2+				
2720.5 10 2734.1 11 2863.4 13	0.16 3	2831.11 2734.8?	$(9/2^{-},11/2^{+})$ $7/2^{-},9/2^{+}$	0.0	$5/2^+$				

From ENSDF

 $^{133}_{57}$ La₇₆-24

γ ⁽¹³³La) (continued)</sup>

[†] Additional information 1.

- [±] From 1978He16, except as noted. When $\Delta E\gamma$ is not given and $E\gamma$ is quoted to nearest tenth of a keV, evaluators assumed $\Delta E=0.5$ keV; $\Delta E=1$ keV otherwise.
- [#] From $\alpha(\exp)$ taken from 1984Gr30 for Ey=42-617 keV, from 1987He16 for Ey=346-1781 keV. $\alpha(\exp)$ normalized to $\alpha(K)(477.22, E2)=0.00980$ (2002Ba85).

[@] From $\alpha(K)$ exp, L subshell or K/L ratios.

- & Inserted into the scheme by evaluators from unplaced γ 's in 1995Ra12. For all transitions, the values of differences of level energies, where the transitions were placed, consist with transition energy values in the range of $\Delta E \gamma$ values.
- ^a Observed in ce spectra only (1984Gr30).

^b γ ray is shown as questionable in 1978He16.

^c Placement of the transition is shown as questionable in 1978He16.

^d For absolute intensity per 100 decays, multiply by ≤ 0.039 .

^e Multiply placed with intensity suitably divided.

^f Placement of transition in the level scheme is uncertain.

 $x \gamma$ ray not placed in level scheme.

Decay Scheme



¹³³₅₇La₇₆



¹³³₅₇La₇₆





Decay Scheme (continued)

Intensities: Relative I_{γ} @ Multiply placed: intensity suitably divided



 $^{133}_{57}$ La₇₆

Decay Scheme	(continued)
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¹³³₅₇La₇₆





¹³³₅₇La₇₆





