

Adopted Levels, Gammas

Type	Author	History Citation	Literature Cutoff Date
Full Evaluation	A. A. Sonzogni	NDS 93,599 (2001)	1-Dec-2000

$Q(\beta^-) = -5.80 \times 10^3$ 3; $S(n) = 1.002 \times 10^4$ 6; $S(p) = 1.43 \times 10^3$ 21; $Q(\alpha) = 2.19 \times 10^3$ 6 [2012Wa38](#)

Note: Current evaluation has used the following Q record -6092 syst 10139 syst 1894 syst 1717 syst [1995Au04](#).

$\Delta Q(\beta^-) = 499$ keV.

$\Delta S(n) = 499$ keV.

$\Delta S(p) = 359$ keV.

$\Delta Q(\alpha) = 303$ keV.

¹⁴⁴Tb Levels

Cross Reference (XREF) Flags

- A ¹⁴⁴Dy ϵ decay
- B ¹⁴⁴Tb IT decay (4.25 s)
- C (HI,xn γ)

E(level) [‡]	J π [†]	T _{1/2}	XREF	Comments
0.0	1 ⁺	≈1 s	AB	$\% \epsilon + \% \beta^+ = 100$ T _{1/2} : from 1986Re11 . Other: 1.5 s 10 (1982No08). J π : from log <i>ft</i> from 0 ⁺ parent, ≈4.6.
196.5 3	(1 ⁺)		A	J π : from log <i>ft</i> from 0 ⁺ parent.
283.9 3	(3 ⁺)		B	J π : level fed by an E3 transition from a (6 ⁻) level; γ to 1 ⁺ gs.
298.6 3	(1 ⁺)		A	J π : from log <i>ft</i> from 0 ⁺ parent.
396.9 5	(6 ⁻)	4.25 s 15	BC	$\%IT = 66$ (1986Re11); $\% \epsilon + \% \beta^+ = 34$ (1986Re11) T _{1/2} : from 1986Re11 . Others: 4.5 s 5 (1982No08), 5 s 1 (1982So02). J π : from log <i>ft</i> to daughter's (5 ⁻) and (7 ⁻) levels.
475.5 3	(1 ⁺)		A	J π : from log <i>ft</i> from 0 ⁺ parent.
476.2 5	(8 ⁻)	2.8 μ s 3	C	J π : 79 keV γ to (6 ⁻) is E2. T _{1/2} : from 1996Sf01 .
517.1 5	(9 ⁺)	0.67 μ s 6	C	J π : 41 keV γ to (8 ⁻) is E1. T _{1/2} : from 1996Sf01 .
544.5 6	(10 ⁺)	<300 ns	C	J π : 27 keV γ to (9 ⁺) is M1. T _{1/2} : from 1996Sf01 .
978.2 [#] 6	(11 ⁺)		C	
1127.2 5			C	
1209.0 [#] 6	(12 ⁺)		C	
1787.3 [#] 6	(13 ⁺)		C	
2154.7 6			C	
2183.1 6			C	
2260.7 [#] 6	(14 ⁺)		C	
2514.5 6	(13)		C	
2586.2 [@] 6	(13)		C	
2741.9 [@] 6	(14)		C	
2780.2 [#] 6	(15 ⁺)		C	
2918.0 [@] 6	(15)		C	
2983.4 6	(16 ⁺)		C	
3129.9 [@] 7	(16)		C	
3276.3 [@] 7	(17)		C	
3433.1 [#] 6	(17 ⁺)		C	
3705.4 [@] 7	(18)		C	

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Adopted Levels, Gammas (continued)

¹⁴⁴Tb Levels (continued)

E(level) [‡]	J ^π [†]	XREF
3712.7 [#] 7	(18 ⁺)	C
4058.3 [@] 7	(19)	C
4631.5 [@] 8	(20)	C
4664.6 [#] 7		C
5164.2 [@] 8		C
5379.9 [#] 8		C

[†] High-spin data follows 1996Sf01 assignments based on R(DCO), ce values and systematics of N=79 isotones.

[‡] From least squares fit.

[#] Band(A): ΔJ=1 band, based on 11⁺.

[@] Band(B): ΔJ=1 band, based on 13.

γ(¹⁴⁴Tb)

E _i (level)	J _i ^π	E _γ [†]	I _γ [†]	E _f	J _f ^π	Mult. [†]	α [‡]	Comments
196.5	(1 ⁺)	196.5 3	100	0.0	1 ⁺			E _γ : from ε decay.
283.9	(3 ⁺)	283.9 3	100	0.0	1 ⁺	[E2]	0.0744	E _γ : from ε decay.
298.6	(1 ⁺)	298.6 3	100	0.0	1 ⁺			E _γ : from ε decay.
396.9	(6 ⁻)	113.0 3	100	283.9	(3 ⁺)	E3	22.7	α(K)=3.04 10; α(L)=14.9 5; α(M)=3.70 11; α(N+..)=1.03 3 B(E3)(W.u.)=0.0275 22 E _γ ,Mult.: from it decay. Additional information 1.
475.5	(1 ⁺)	475.5 3	100	0.0	1 ⁺			
476.2	(8 ⁻)	79.3 2	100	396.9	(6 ⁻)	E2	6.35	B(E2)(W.u.)=0.196 22 α(K)=2.00 6; α(L)=3.34 10; α(M)=0.792 24; α(N+..)=0.215 7
517.1	(9 ⁺)	40.8 2	100	476.2	(8 ⁻)	E1	0.58	B(E1)(W.u.)=3.4×10 ⁻⁶ 4
544.5	(10 ⁺)	26.8 6	100	517.1	(9 ⁺)	M1	16.0	B(M1)(W.u.)>0.00021
978.2	(11 ⁺)	433.6 2	100	544.5	(10 ⁺)			
1127.2		651.1 2	100	476.2	(8 ⁻)			
1209.0	(12 ⁺)	230.7 2	55 5	978.2	(11 ⁺)			
		664.5 2	100 7	544.5	(10 ⁺)			
1787.3	(13 ⁺)	578.3 2	100 5	1209.0	(12 ⁺)			
		809.2 3	12.4 13	978.2	(11 ⁺)			
2154.7		1027.6 3	100	1127.2				
2183.1		1055.9 3	100 40	1127.2				
		1204.7 3	59 36	978.2	(11 ⁺)			
2260.7	(14 ⁺)	1051.7 2	100	1209.0	(12 ⁺)			
2514.5	(13)	331.4 2	41 15	2183.1				
		359.9 3	21 11	2154.7				
		1305.5 2	100 22	1209.0	(12 ⁺)			
2586.2	(13)	1377.0 3	100	1209.0	(12 ⁺)			
2741.9	(14)	155.7 2	19 4	2586.2	(13)			
		227.5 2	76 17	2514.5	(13)			
		954.6 2	100 14	1787.3	(13 ⁺)			
2780.2	(15 ⁺)	519.4 2	89 20	2260.7	(14 ⁺)			
		992.9 2	100 16	1787.3	(13 ⁺)			
2918.0	(15)	176.1 2	100	2741.9	(14)			
2983.4	(16 ⁺)	203.2 2	100 8	2780.2	(15 ⁺)			
		722.7 2	25 6	2260.7	(14 ⁺)			

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Adopted Levels, Gammas (continued) $\gamma(^{144}\text{Tb})$ (continued)

$E_i(\text{level})$	J_i^π	E_γ^\dagger	I_γ^\dagger	E_f	J_f^π	$E_i(\text{level})$	J_i^π	E_γ^\dagger	I_γ^\dagger	E_f	J_f^π
3129.9	(16)	211.9 2	100	2918.0	(15)	4058.3	(19)	352.9 2	100 17	3705.4	(18)
3276.3	(17)	146.4 2	100	3129.9	(16)			782.0 2	16 5	3276.3	(17)
3433.1	(17 ⁺)	449.7 2	100 15	2983.4	(16 ⁺)	4631.5	(20)	573.2 2	100	4058.3	(19)
		652.7 2	40 13	2780.2	(15 ⁺)	4664.6		951.9 3	100	3712.7	(18 ⁺)
3705.4	(18)	429.1 2	100	3276.3	(17)	5164.2		532.7 3	100	4631.5	(20)
3712.7	(18 ⁺)	279.5 2	90 24	3433.1	(17 ⁺)	5379.9		715.3 3	100	4664.6	
		729.4 2	100 17	2983.4	(16 ⁺)						

[†] From (HI,xn γ) except as noted.

[‡] Total theoretical internal conversion coefficients, calculated using the BrIcc code (2008Ki07) with Frozen orbital approximation based on γ -ray energies, assigned multipolarities, and mixing ratios, unless otherwise specified.

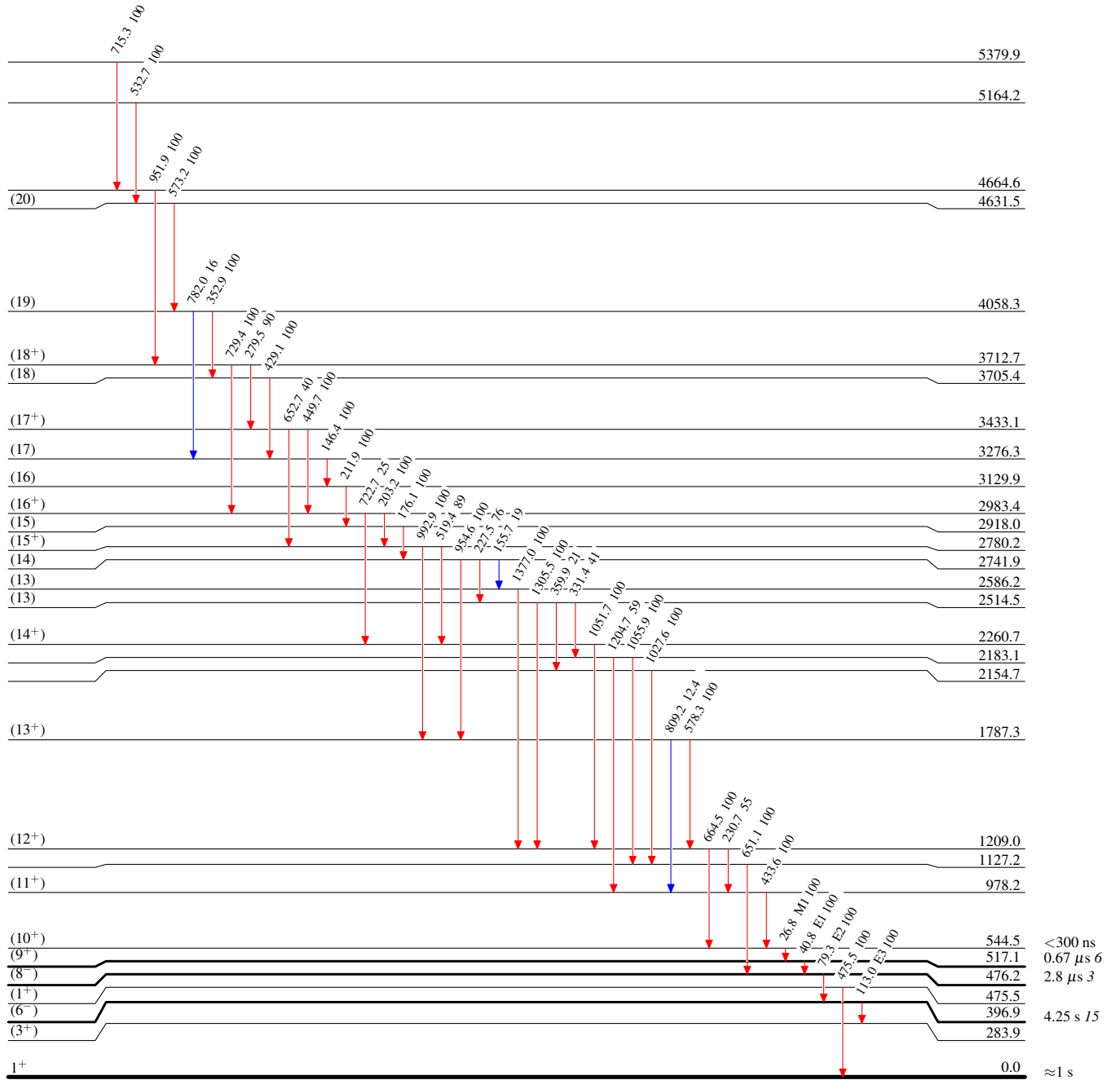
Adopted Levels, Gammas

Level Scheme

Intensities: Type not specified

Legend

- $I_\gamma < 2\% \times I_\gamma^{\max}$
- $I_\gamma < 10\% \times I_\gamma^{\max}$
- $I_\gamma > 10\% \times I_\gamma^{\max}$



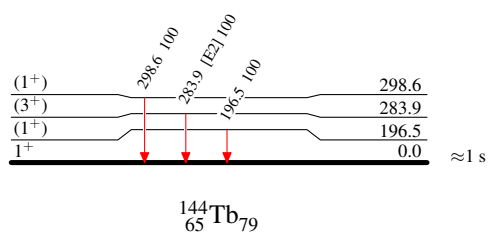
$^{144}\text{Tb}_{79}$

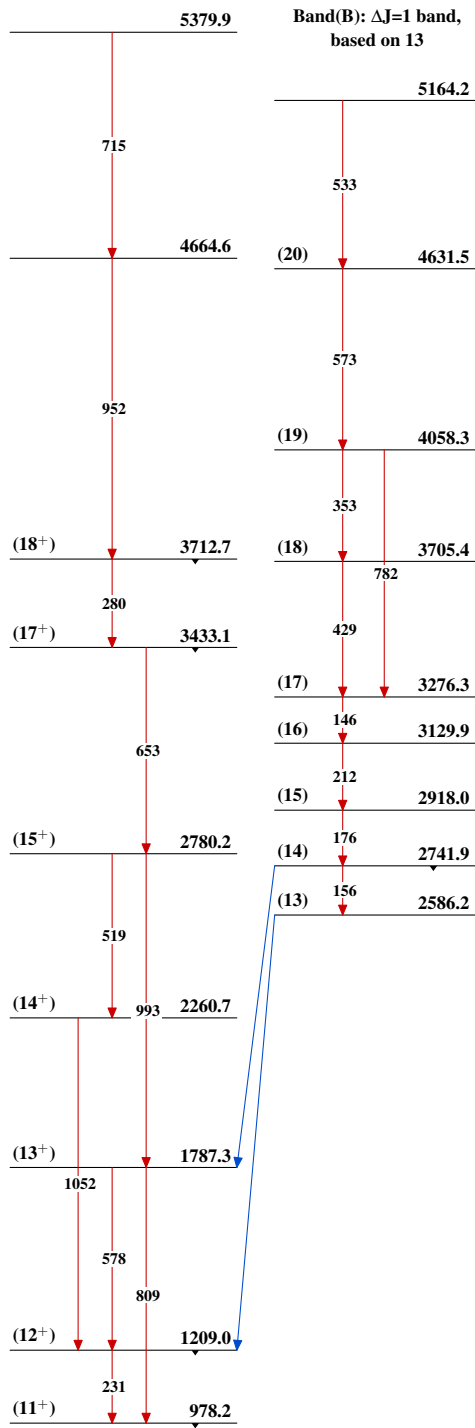
Adopted Levels, Gammas**Level Scheme (continued)**

Intensities: Type not specified

Legend

- $I_\gamma < 2\% \times I_\gamma^{max}$
- $I_\gamma < 10\% \times I_\gamma^{max}$
- $I_\gamma > 10\% \times I_\gamma^{max}$



Adopted Levels, GammasBand(A): $\Delta J=1$ band, based on 11^+  $^{144}\text{Tb}_{79}$