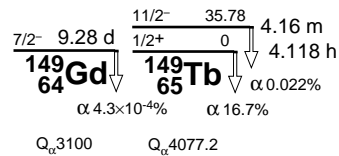


A=145
NDS 49, 1(1986)
NDS 68, 997(1993)(U)



Sp... (12800)

Sn... (3000)

$^{145}_{54}\text{Xe}$ 0.9 s β^-

Q_β (7700)

Sp... (9900)

$^{145}_{55}\text{Cs}$ 3/2+0.594 s β^-

Q_β 7880

$^{145}_{56}\text{Ba}$ 5/2- 4.31 s β^-

Q_β 4920

$^{145}_{57}\text{La}$ (5/2+) 24.8 s β^-

Q_β 4110

$^{145}_{58}\text{Ce}$ (3/2)- 3.01 m β^-

Q_β 2530

$^{145}_{59}\text{Pr}$ 7/2+ 5.984 h β^-

Q_β 1805

$^{145}_{60}\text{Nd}$ 7/2-

Q_{EC} 163.0
 Q_α 2322

$^{145}_{61}\text{Pm}$ 5/2+ 17.7 y β^-

$^{145}_{62}\text{Sm}$ 7/2- 340 d β^-

$^{145}_{63}\text{Eu}$ 5/2+ 5.93 d β^-

$^{145}_{64}\text{Gd}$ 11/2- 748.7 d β^- 5.7% EC 1/2+ 0 23.0 m

$^{145}_{65}\text{Tb}$ (11/2-) 29.5 s β^-

$^{145}_{66}\text{Dy}$ (11/2-) 118.2 s β^- 10 s

$^{145}_{67}\text{Ho}$ (11/2-) 2.4 s β^-

$^{145}_{68}\text{Er}$ (11/2-) 0.9 s β^-

Evaluator: L.K. Peker