

1.67858 d

3- 0.0

$^{140}_{57}\text{La}$

//  $Q_{\beta^-} = 3760.2 \text{ keV}$

11.05%

2+

925.19 keV

7.23%

1.57%

2+

867.85 keV

5.77%

20.2%

4+

328.76 keV

21.3%

5.9%

2+

815.77 keV

24.4%

0.0004%

0+

751.64 keV

4.54%

$^{140}_{56}\text{Ce}$

2521.43

2.4 ps

2464.00

1.2 ps

2347.89

0.2 ps

2083.26

3.474 ns

1596.24

stable

$^{140}_{56}\text{Ce}$