

^{100}Zr $Z = 40$ $N = 60$ adopted link ENSDF link

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

BE = 852.211 (0.008) MeV

Qbeta- = 3.419 (0.011) MeV

	Energy T	J+	J-	J-other	T1/2
100ZR 1	0.000	0+			1 7.1 S 4
100ZR 2	0.213	2+			2 0.574 NS 15
100ZR 3	0.331	0+			3 5.53 NS 15
100ZR 4	0.565	4+			4 37.0 PS 4
100ZR 5	0.829	0+			5
100ZR 6	0.879	2+			6
100ZR 7	1.062	6+			7 5.2 PS 11
100ZR 8				1.196 (2+)	8
100ZR 9				1.295 (2-,3)	9
100ZR 10				1.398 (3+)	10
100ZR 11	1.415	4+			11
100ZR 12				1.442 (1,2+)	12
100ZR 13	1.687	8+			13 1.75 PS 17
100ZR 14				1.808 (1,2+)	14
100ZR 15				1.856 4(+)	15
100ZR 16				1.911 (2+,3,4+)	16
100ZR 17				1.938 (1,2+)	17
100ZR 18				1.962 (6+)	18
100ZR 19				2.003	19
100ZR 20				2.070 (3,4+)	20
100ZR 21				2.131 (5+)	21
100ZR 22				2.183 (1,2+)	22
100ZR 23				2.208 (5+)	23
100ZR 24				2.220 (2+,3,4+)	24
100ZR 25				2.245 4(+)	25
100ZR 26				2.260 (6+)	26 2.5 NS 7
100ZR 27				2.316 (5-,6+)	27
100ZR 28				2.349 (3,4+)	28
100ZR 29	2.426	10+			29 0.75 PS 9
100ZR 30				2.468	30
100ZR 31				2.472 (6+)	31
100ZR 32				2.480 (7+)	32
100ZR 33				2.497	33
100ZR 34				2.526 (7+)	34
100ZR 35				2.580 (8+)	35
100ZR 36				2.610 (6+)	36
100ZR 37				2.693 (1,2+)	37

100ZR 38				2.727	(1,2+)	38	
100ZR 39				2.730	(8+)	39	
100ZR 40				2.755		40	

100ZR 41				2.771	(1,2+)	41	
100ZR 42				2.776	(7+)	42	
100ZR 43				2.846	(1,2+)	43	
100ZR 44				2.860		44	
100ZR 45				2.932	(1,2+)	45	
100ZR 46				3.014	(9+)	46	
100ZR 47				3.020	9(+)	47	
100ZR 48				3.022		48	
100ZR 49				3.070	(1,2+)	49	
100ZR 50				3.100	(8+)	50	

100ZR 51				3.268	(12+)	51	0.37 PS 4
100ZR 52				3.289	(10+)	52	
100ZR 53				3.324		53	
100ZR 54				3.329	(10+)	54	
100ZR 55				3.572	(1,2+)	55	
100ZR 56				3.635	(11+)	56	
100ZR 57				3.660		57	
100ZR 58				3.673	(11+)	58	
100ZR 59				3.747	(10+)	59	
100ZR 60				3.957	(1,2+)	60	

100ZR 61				4.043	(12+)	61	
100ZR 62				4.205	(14+)	62	
100ZR 63				4.288	(1,2+)	63	
100ZR 64				4.377	(13+)	64	
100ZR 65				4.440	(13+)	65	
100ZR 66				5.237	(16+)	66	
S-alpha=	5.879	(0.012)	-----				
100ZR 67				6.371	(18+)	67	
S-n	=	6.827	(0.013)	-----			
100ZR 68				7.615	(20+)	68	

S-p	=	13.018	(0.010)	-----			
S-n	=	6.827	(0.013)	-----			
S-2p	=	24.528	(0.009)	-----			
S-2n	=	11.234	(0.012)	-----			
S-alpha=	5.879	(0.012)	-----				

S+p	=	-9.808	(0.009)				
S+n	=	-4.860	(0.012)				
S+2p	=	-21.766	(0.012)				
S+2n	=	-11.351	(0.012)				
S+alpha	=	-6.396	(0.012)				

gap p = 3.210 (0.014)
gap n = 1.968 (0.018)
gap 2p = 2.762 (0.015)
gap 2n = -0.118 (0.017)
gap alpha = -0.517 (0.017)