

^{98}Mo $Z = 42$ $N = 56$ adopted link ENSDF link

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

BE = 846.247 (0.000) MeV

	Energy T	J+	J-	J-other	T1/2
98MO 1	0.000	0+			1 STABLE
98MO 2	0.735	0+			2 21.8 NS 9
98MO 3	0.787	2+			3 3.47 PS 7
98MO 4	1.432	2+			4 1.53 PS 16
98MO 5	1.510	4+			5 2.53 PS 5
98MO 6	1.758	2+			6 1.42 PS 6
98MO 7	1.871	2+			7
98MO 8				1.881 LE 4	8
98MO 9	1.963	0+			9
98MO 10			2.018 3-		10 65 PS 7
98MO 11	2.038	0+			11
98MO 12	2.105	3+			12
98MO 13	2.207	2+			13 0.257 PS LT
98MO 14	2.209	0+			14
98MO 15	2.224	4+			15
98MO 16	2.240	4+			16
98MO 17	2.333	2+			17 0.47 PS LT
98MO 18	2.333	4+			18
98MO 19	2.344	6+			19 5.2 PS 2
98MO 20				2.350 (2+)	20
98MO 21	2.369	2+			21
98MO 22	2.418	2+			22
98MO 23	2.420	4+			23
98MO 24	2.485	3+			24
98MO 25	2.506	5+			25
98MO 26			2.509 1-		26
98MO 27	2.526	2+			27 0.367 PS LT
98MO 28				2.537 (1-)	28
98MO 29				2.562 (2-)	29
98MO 30				2.571 (6,7,8)	30
98MO 31				2.573 3	31
98MO 32	2.575	4+			32
98MO 33	2.612	0+			33
98MO 34	2.620	3+			34
98MO 35			2.621 5-		35
98MO 36				2.645 (1,2+)	36
98MO 37	2.679	6+			37
98MO 38	2.701	2+			38 0.208 PS LT

98MO	39	2.733	2+					39
98MO	40					2.738	(6,7)	40

98MO	41	2.768	4+					41
98MO	42			2.796	4-			42
98MO	43	2.800	0+					43
98MO	44	2.813	2+					44
98MO	45	2.837	6+					45
98MO	46	2.851	0+					46
98MO	47					2.854	(8+)	47
98MO	48	2.856	4+					48
98MO	49					2.871	2,3	49
98MO	50	2.897	5+					50

98MO	51	2.905	4+					51
98MO	52	2.916	2+					52
98MO	53			2.962	3-			53
98MO	54	2.977	4+					54
98MO	55					3.011		55
98MO	56			3.020	5-			56
98MO	57	3.022	4+					57
98MO	58	3.026	5+					58
98MO	59	3.046	4+					59
98MO	60	3.051	4+					60

98MO	61					3.068	(3-)	61
98MO	62	3.096	2+					62
98MO	63					3.096	(7-)	63
98MO	64					3.103	(2+,3,4)	64
98MO	65					3.109	(2+,3,4)	65
98MO	66					3.125	(3-)	66
98MO	67	3.152	2+					67
98MO	68					3.156	(4+)	68
98MO	69	3.166	4+					69
98MO	70					3.196	(2-,3,4)	70

98MO	71					3.209	(4+,5-)	71
98MO	72					3.211	(4+)	72
98MO	73					3.212	(4+)	73
98MO	74			3.214	3-			74
98MO	75					3.229	(4+)	75
98MO	76					3.241	(4+:7)	76
98MO	77					3.258	1	77
98MO	78			3.263	1-			78
98MO	79	3.265	0+					79
98MO	80					3.271	(8+)	80

S-alpha=	3.272	(0.000)						
98MO	81					3.276	(3-,4+)	81
98MO	82	3.303	2+					82

98MO 83				3.305	5-				83
98MO 84							3.324	(7-)	84
98MO 85		3.326	4+						85
98MO 86		3.343	2+						86
98MO 87							3.366		87
98MO 88		3.386	2+						88
98MO 89							3.395	(4+)	89
98MO 90		3.401	4+						90

98MO 91							3.404	(5-,6+)	91
98MO 92							3.405	1	92 0.044 EV 3
98MO 93		3.419	4+						93
98MO 94							3.455	(4+)	94
98MO 95							3.457	1	95 0.035 EV 2
98MO 96							3.466	(4+)	96
98MO 97							3.474		97
98MO 98		3.489	2+						98
98MO 99							3.502	(4+)	99
98MO 100							3.517	(4+)	100

98MO 101							3.524	(6+)	101
98MO 102							3.527	(8,9-)	102
98MO 103							3.541		103
98MO 104							3.548	(4+)	104
98MO 105							3.551	1	105 0.035 EV 3
98MO 106							3.555		106
98MO 107							3.557	(4+)	107 0.215 PS LT
98MO 108							3.566	(4+)	108
98MO 109							3.598	(4+)	109
98MO 110							3.601	(4+,5,6)	110

98MO 111							3.617		111
98MO 112							3.620	(3-,4)	112
98MO 113		3.624	4+						113
98MO 114		3.639	4+						114
98MO 115							3.657	(9-)	115
98MO 116		3.664	4+						116
98MO 117		3.682	4+						117
98MO 118							3.704	1	118 0.0042 EV 6
98MO 119					3.712	5-			119
98MO 120		3.724	4+						120

98MO 121		3.738	4+						121
98MO 122					3.757	5-			122
98MO 123							3.769	(9-)	123
98MO 124		3.778	4+						124
98MO 125					3.793	5-			125
98MO 126							3.806	1	126
98MO 127							3.809	(4,5,6+)	127
98MO 128							3.810	(4,5-)	128

98MO 129					3.824		129
98MO 130					3.837	1	130

98MO 131					3.843	(4,5,6+)	131
98MO 132					3.858	1	132
98MO 133					3.898	(4+)	133
98MO 134					3.937	1	134
98MO 135					3.944	(1)	135
98MO 136					3.947	(4+)	136
98MO 137					3.964	(4+,5,6)	137
98MO 138			3.982	3-			138
98MO 139			3.999	5-			139
98MO 140					4.021	(2)	140

98MO 141					4.042	(1)	141
98MO 142	4.044	4+					142
98MO 143					4.061	(4,5,6+)	143
98MO 144					4.076	(4,5,6+)	144
98MO 145					4.080	1	145
98MO 146					4.102	(2)	146
98MO 147					4.103	(4+)	147
98MO 148					4.117	(4+,5-)	148
98MO 149	4.143	4+					149
98MO 150					4.149	(10+)	150

98MO 151					4.171	1	151
98MO 152			4.177	3-			152
98MO 153					4.180	(1)	153
98MO 154					4.190	(10,11)	154
98MO 155					4.231	1	155
98MO 156	4.247	4+					156
98MO 157					4.253	(1)	157
98MO 158					4.259	1	158
98MO 159					4.268	1	159
98MO 160					4.295	(1)	160

98MO 161					4.356		161
98MO 162					4.362	(1)	162
98MO 163					4.391	(1)	163
98MO 164					4.410	1	164
98MO 165					4.424	(11-)	165
98MO 166					4.440		166
98MO 167					4.538	(11-)	167
98MO 168					4.543	1	168
98MO 169					4.582	(1)	169
98MO 170					4.591	1	170

98MO 171					4.599	1	171
98MO 172					4.609		172
98MO 173					4.616	1	173

98MO 174			4.654	(1)	174
98MO 175			4.813	1	175
98MO 176			4.838	1	176
98MO 177			4.903	1	177
98MO 178			4.994	(12,13)	178
98MO 179			5.009	1	179
98MO 180			5.029	1	180

98MO 181			5.047	(12+)	181
98MO 182			5.050	1	182
98MO 183			5.082	1	183
98MO 184			5.121	1	184
98MO 185			5.134	(1)	185
98MO 186			5.148	1	186
98MO 187			5.165	1	187
98MO 188			5.175	(2)	188
98MO 189			5.195	1	189
98MO 190			5.215	(2)	190

98MO 191			5.226	(1)	191
98MO 192			5.236	1	192
98MO 193			5.245	(1)	193
98MO 194			5.268	(2)	194
98MO 195			5.313	1	195
98MO 196			5.314	(13-)	196
98MO 197			5.315	(13-)	197
98MO 198			5.324	(1)	198
98MO 199			5.347	1	199
98MO 200			5.355	1	200

98MO 201			5.363	(1)	201
98MO 202			5.386	1	202
98MO 203			5.397	1	203
98MO 204			5.413	1	204
98MO 205			5.433	1	205
98MO 206			5.442	1	206
98MO 207			5.451	1	207
98MO 208			5.458	1	208
98MO 209			5.482	1	209
98MO 210			5.492	(1)	210

98MO 211			5.509	1	211
98MO 212			5.519	1	212
98MO 213			5.528	1	213
98MO 214			5.544	(1)	214
98MO 215			5.553	(1)	215
98MO 216			5.563	1	216
98MO 217			5.579	1	217
98MO 218			5.588	(1)	218
98MO 219			5.596	1	219

98MO 220			5.615	1	220

98MO 221			5.626	1	221
98MO 222			5.638	1	222
98MO 223			5.654	1	223
98MO 224			5.665	1	224
98MO 225			5.679	(2)	225
98MO 226			5.687	1	226
98MO 227			5.708	1	227
98MO 228			5.716	1	228
98MO 229			5.726	1	229
98MO 230			5.733	1	230

98MO 231			5.741	1	231
98MO 232			5.754	1	232
98MO 233			5.765	1	233
98MO 234			5.776	1	234
98MO 235			5.792	1	235
98MO 236			5.801	1	236
98MO 237			5.811	1	237
98MO 238			5.829	1	238
98MO 239			5.857	1	239
98MO 240			5.889	1	240

98MO 241			5.907	1	241
98MO 242			5.917	1	242
98MO 243			5.925	(14+)	243
98MO 244			5.960	1	244
98MO 245			5.973	1	245
98MO 246			5.984	1	246
98MO 247			5.993	(1)	247
98MO 248			6.000	(1)	248
98MO 249			6.022	1	249
98MO 250			6.032	1	250

98MO 251			6.046	1	251
98MO 252			6.066	1	252
98MO 253			6.077	(1)	253
98MO 254			6.102	1	254
98MO 255			6.110	(1)	255
98MO 256			6.121	(1)	256
98MO 257			6.133	(15-)	257
98MO 258			6.145	1	258
98MO 259			6.172	1	259
98MO 260			6.183	(1)	260

98MO 261			6.220	(1)	261
98MO 262			6.234	(1)	262
98MO 263			6.247	(1)	263
98MO 264			6.266	(1)	264

98MO 265			6.316	1	265
98MO 266			6.330	1	266
98MO 267			6.367	1	267
98MO 268			6.379	1	268
98MO 269			6.388	1	269
98MO 270			6.398	1	270

98MO 271			6.420	1	271
98MO 272			6.439	1	272
98MO 273			6.451	(1)	273
98MO 274			6.466	1	274
98MO 275			6.473	1	275
98MO 276			6.492	1	276
98MO 277			6.512	(1)	277
98MO 278			6.522	(1)	278
98MO 279			6.531	1	279
98MO 280			6.543	1	280

98MO 281			6.567	(1)	281
98MO 282			6.577	1	282
98MO 283			6.586	1	283
98MO 284			6.596	1	284
98MO 285			6.615	1	285
98MO 286			6.631	(1)	286
98MO 287			6.637	(1)	287
98MO 288			6.648	(1)	288
98MO 289			6.680	(1)	289
98MO 290			6.699	1	290

98MO 291			6.756	1	291
98MO 292			6.766	1	292
98MO 293			6.816	(1)	293
98MO 294			6.824	1	294
98MO 295			6.837	(1)	295
98MO 296			6.847	1	296
98MO 297			6.854	2	297
98MO 298			6.866	(2)	298
98MO 299			6.889	1	299
98MO 300			6.900	(1)	300

98MO 301			6.951	1	301
98MO 302			6.959	(2)	302
98MO 303			6.972	(1)	303
98MO 304			6.980	1	304
98MO 305			6.995	1	305
98MO 306			7.009	1	306
98MO 307			7.035	1	307
98MO 308			7.051	1	308
98MO 309			7.062	1	309
98MO 310			7.074	1	310

98MO 311			7.087	1	311
98MO 312			7.105	(1)	312
98MO 313			7.117	1	313
98MO 314			7.128	1	314
98MO 315			7.142	1	315
98MO 316			7.157	1	316
98MO 317			7.170	1	317
98MO 318			7.182	1	318
98MO 319			7.192	1	319
98MO 320			7.205	1	320
98MO 321			7.258	1	321
98MO 322			7.274	1	322
98MO 323			7.296	1	323
98MO 324			7.309	(1)	324
98MO 325			7.327	1	325
98MO 326			7.336	1	326
98MO 327			7.353	(1)	327
98MO 328			7.376	(1)	328
98MO 329			7.387	1	329
98MO 330			7.396	1	330
98MO 331			7.428	1	331
98MO 332			7.434		332
98MO 333			7.447	1	333
98MO 334			7.461	1	334
98MO 335			7.474	1	335
98MO 336			7.498	(2)	336
98MO 337			7.513	(2)	337
98MO 338			7.543	(1)	338
98MO 339			7.552	(2)	339
98MO 340			7.562	1	340
98MO 341			7.583	1	341
98MO 342			7.609	1	342
98MO 343			7.692	1	343
98MO 344			7.711	1	344
98MO 345			7.737	(1)	345
98MO 346			7.753	1	346
98MO 347			7.765	1	347
98MO 348			7.781	1	348
98MO 349			7.803	1	349
98MO 350			7.820	1	350
98MO 351			7.835	(1)	351
98MO 352			7.847	1	352
98MO 353			7.877	1	353
98MO 354			7.890	1	354
98MO 355			7.901	(2)	355

98MO 356			7.927	1	356
98MO 357			7.944	1	357
98MO 358			7.965	(1)	358
98MO 359			7.986	(2)	359
98MO 360			7.996	1	360

98MO 361			8.012	1	361
98MO 362			8.024	1	362
98MO 363			8.034	1	363
98MO 364			8.045	(1)	364
98MO 365			8.055	1	365
98MO 366			8.068	(1)	366
98MO 367			8.073	(2)	367
98MO 368			8.081	(1)	368
98MO 369			8.096	(1)	369
98MO 370			8.113	1	370

98MO 371			8.125	1	371
98MO 372			8.137	1	372
98MO 373			8.158	1	373
98MO 374			8.169	1	374
98MO 375			8.183	1	375
98MO 376			8.213	(2)	376
98MO 377			8.245	1	377
98MO 378			8.255	(1)	378
98MO 379			8.266	(1)	379
98MO 380			8.277	1	380

98MO 381			8.290	1	381
98MO 382			8.298	(1)	382
98MO 383			8.310	1	383
98MO 384			8.331	(1)	384
98MO 385			8.358	(2)	385
98MO 386			8.370	1	386
98MO 387			8.393	1	387
98MO 388			8.429	(2)	388
98MO 389			8.444	1	389
98MO 390			8.460	1	390

98MO 391			8.472	1	391
98MO 392			8.492	1	392
98MO 393			8.504	1	393
98MO 394			8.513	1	394
98MO 395			8.527	1	395
98MO 396			8.538	1	396
98MO 397			8.563	1	397
98MO 398			8.580	(2)	398
98MO 399			8.590	1	399
98MO 400			8.602	1	400

98M0 401				8.613	1	401
98M0 402				8.620	1	402
98M0 403				8.628	1	403
98M0 404				8.637	1	404

S-n	=	8.643	(0.000)		
98M0 405				8.643	2+,3+	405
98M0 406				8.650	1	406
98M0 407				8.663	1	407
98M0 408				8.674	1	408
98M0 409				8.800		409

S-p	=	9.802	(0.004)		
S-n	=	8.643	(0.000)		
S-2p	=	17.255	(0.000)		
S-2n	=	15.464	(0.000)		
S-alpha	=	3.272	(0.000)		

S+p	=	-6.501	(0.001)		
S+n	=	-5.925	(0.000)		
S+2p	=	-15.689	(0.000)		
S+2n	=	-14.220	(0.000)		
S+alpha	=	-3.415	(0.000)		

gap p	=	3.301	(0.004)		
gap n	=	2.717	(0.000)		
gap 2p	=	1.566	(0.000)		
gap 2n	=	1.244	(0.000)		
gap alpha	=	-0.144	(0.001)		