

^{110}Cd $Z = 48$ $N = 62$ adopted link ENSDF link

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

BE = 940.640 (0.000) MeV

	Energy T	J+	J-	J-other	T1/2
110CD 1	0.000	0+			1 STABLE
110CD 2	0.658	2+			2 5.42 PS 16
110CD 3	1.473	0+			3
110CD 4	1.476	2+			4 0.68 PS 10
110CD 5	1.542	4+			5 0.80 PS +17-16
110CD 6	1.731	0+			6
110CD 7	1.783	2+			7 0.8 PS +3-2
110CD 8	1.809	4+			8
110CD 9			2.079 3-		9 0.7 PS +4-2
110CD 10	2.079	0+			10
110CD 11	2.163	3+			11 0.8 PS +6-2
110CD 12				2.184 (1-)	12
110CD 13				2.198 2+,3+	13
110CD 14	2.220	4+			14 0.7 PS +3-2
110CD 15	2.251	4+			15 0.6 PS +5-2
110CD 16	2.288	2+			16 0.29 PS +7-5
110CD 17				2.332 (0)+	17
110CD 18	2.356	2+			18 0.35 PS +12-7
110CD 19	2.365	2+			19
110CD 20	2.377	4+			20
110CD 21				2.381	21
110CD 22				2.385 (2+)	22
110CD 23				2.405 (0+,2-)	23
110CD 24	2.432	2+			24
110CD 25	2.433	3+			25
110CD 26				2.451	26
110CD 27	2.477	2+			27
110CD 28	2.480	6+			28 0.6 PS 4
110CD 29				2.482 (2)+	29 0.46 PS +23-12
110CD 30			2.540 5-		30 0.60 PS +24-14
110CD 31	2.561	4+			31 0.9 PS +8-3
110CD 32				2.566 (2-,3)	32
110CD 33	2.633	2+			33 0.139 PS +21-14
110CD 34			2.650 1-		34 0.03 PS 1
110CD 35			2.660 5-		35
110CD 36	2.662	0+			36
110CD 37				2.706 (4)+	37
110CD 38				2.707 (4)+	38

110CD	39			2.757	2-			39		
110CD	40						2.758	(1,2,3)+	40	0.23 PS +9-6

110CD	41	2.787	2+						41	0.028 PS 7
110CD	42						2.793	(4)+	42	
110CD	43						2.813		43	
110CD	44						2.834	3+,4+	44	
110CD	45						2.843	(5)-	45	

S-alpha= 2.865 (0.001)-----										
110CD	46						2.869	1+,2+	46	
110CD	47	2.877	6+						47	
110CD	48			2.879	7-				48	0.61 NS 8
110CD	49			2.896	6-				49	
110CD	50						2.918	2+,3,4+	50	

110CD	51	2.927	5+						51	
110CD	52	2.938	2+						52	
110CD	53						2.975	1+,2+	53	
110CD	54						2.984	2+,3+	54	0.11 PS +20-5
110CD	55						2.984	(5-)	55	
110CD	56						2.991	(5-)	56	
110CD	57						2.994	(0+)	57	
110CD	58						2.994	(3+,4+)	58)	
110CD	59						3.008	1,2+	59	
110CD	60						3.021	(1-)	60	

110CD	61			3.029	7-				61	0.30 NS 10
110CD	62	3.043	1+						62	31 FS 4
110CD	63	3.052	2+						63	
110CD	64			3.056	8-				64	2.26 NS 10
110CD	65	3.065	6+						65	
110CD	66						3.073	(1+,2+	66)	
110CD	67			3.075	6-				67	
110CD	68						3.078	1(+)	68	187 FS 40
110CD	69	3.102	2+						69	
110CD	70						3.106	3+,4+	70	

110CD	71	3.118	2+						71	
110CD	72	3.122	6+						72	
110CD	73						3.128	1+,2+	73	
110CD	74						3.135	2+,3+	74	
110CD	75						3.142	2+,3+,4+	75	
110CD	76	3.148	0+						76	
110CD	77						3.171	2+,3+,4+	77	
110CD	78						3.183	(4+)	78	
110CD	79						3.185	5-,6-	79	
110CD	80	3.187	8+						80	55 PS 6

110CD	81						3.193	(3)+	81	
110CD	82						3.199	(2-)	82	

110CD 83						3.203				83
110CD 84						3.209	2+,3+			84
110CD 85		3.240	6+							85
110CD 86				3.251	3-					86
110CD 87						3.256	1+,2+,3+			87
110CD 88						3.262	1+,2+,3+			88
110CD 89		3.275	8+							89 0.70 PS 19
110CD 90						3.278	(1+)			90 37.4 FS 1

110CD 91				3.298	1-					91 134 FS 12
110CD 92		3.314	2+							92
110CD 93						3.329	(1-,2-,3-)			93
110CD 94				3.335	7-					94
110CD 95						3.340	(5-,6+)			95
110CD 96						3.341				96
110CD 97				3.346	9-					97 49 PS 3
110CD 98						3.353	2+,3+			98
110CD 99				3.359	1-					99 11.7 FS 2
110CD 100						3.367	1+,2+,3+,4+			100

110CD 101		3.373	4+							101
110CD 102						3.391	(7)-			102
110CD 103						3.403	(1-)			103
110CD 104		3.413	4+							104
110CD 105		3.427	0+							105
110CD 106				3.427	8-					106 6.0 PS 6
110CD 107		3.440	8+							107 0.45 PS +28-17
110CD 108						3.450	(1,2)			108
110CD 109						3.460	1+,2+			109
110CD 110						3.466	1,2,3			110

110CD 111		3.475	1+							111 72 FS 4
110CD 112						3.489	(0+)			112
110CD 113						3.493	(5-,6-)			113
110CD 114						3.493				114
110CD 115						3.499	1+,2+			115
110CD 116						3.510	1+,2+			116
110CD 117						3.517	0-,1-			117
110CD 118		3.525	6+							118
110CD 119						3.536	1+,2+,3+			119
110CD 120						3.581				120

110CD 121		3.598	1+							121 71 FS 6
110CD 122				3.604	3-					122
110CD 123		3.611	10+							123 0.487 NS 24
110CD 124						3.614	0-,1-			124
110CD 125		3.635	2+							125
110CD 126				3.641	8-					126
110CD 127						3.657	1+,2+,3+			127
110CD 128						3.668	1+,2+,3+			128

110CD 129			3.683	9-			129
110CD 130					3.686	1+,2+,3+	130

110CD 131			3.689	3-			131
110CD 132					3.696		132
110CD 133					3.713		133
110CD 134					3.727	1,2+	134
110CD 135	3.736	2+					135
110CD 136					3.760	1+,2+,3+	136
110CD 137	3.773	1+					137 12.8 FS 1
110CD 138			3.782	9-			138
110CD 139	3.792	8+					139
110CD 140					3.808	2+,3+	140

110CD 141					3.812	1-,2-,3-	141
110CD 142			3.823	10-			142 3.5 PS 3
110CD 143					3.830	1+,2+,3+	143
110CD 144					3.854	(1+)	144 46 FS 6
110CD 145					3.862	(1+)	145 13.3 FS 5
110CD 146					3.866	1+,2+,3+	146
110CD 147					3.888	2+,3+	147
110CD 148					3.897	0-,1-	148
110CD 149					3.924	1+,2+,3+	149
110CD 150					3.957	(2,3,4,5)	150

110CD 151					3.968	1+,2+,3+	151
110CD 152					3.988	1+,2+,3+	152
110CD 153					3.993	(9-)	153
110CD 154					4.005	1+,2+	154
110CD 155	4.024	0+					155
110CD 156					4.042	1+,2+,3+	156
110CD 157					4.067		157
110CD 158	4.077	10+					158 0.72 PS +21-13
110CD 159					4.078	1+,2+,3+	159
110CD 160					4.104	1+,2+,3+	160

110CD 161	4.128	0+					161
110CD 162					4.154	1+,2+,3+	162
110CD 163					4.171	1+,2+,3+	163
110CD 164	4.172	12+					164 8.1 PS 3
110CD 165			4.173	11-			165 2.08 PS 14
110CD 166					4.181		166
110CD 167			4.182	10-			167 1.04 PS 14
110CD 168	4.200	2+					168
110CD 169					4.290	0+,1+	169
110CD 170			4.334	10-			170

110CD 171					4.422	(10+)	171
110CD 172	4.438	9+					172
110CD 173			4.559	11-			173 1.7 PS +14-7

110CD 174	4.620	10+					174
110CD 175					4.660	0+,1+	175
110CD 176			4.737	11-			176
110CD 177	4.888	12+					177 1.39 PS 14
110CD 178			4.930	12-			178
110CD 179	5.026	14+					179 1.39 PS 14
110CD 180			5.093	12-			180 3.3 PS 4

110CD 181	5.114	12+					181
110CD 182			5.213	12-			182
110CD 183					5.215	(11+)	183
110CD 184			5.249	13-			184 1.4 PS LT
110CD 185			5.497	13-			185
110CD 186	5.500	13+					186
110CD 187	5.675	14+					187
110CD 188			5.759	13-			188
110CD 189	5.790	14+					189
110CD 190	5.856	14+					190

110CD 191					5.893	(12+,13+)	191
110CD 192	5.915	14+					192
110CD 193			5.967	14-			193
110CD 194			5.984	14-			194
110CD 195					6.080		195
110CD 196	6.101	16+					196 0.250 PS 21
110CD 197			6.101	14-			197
110CD 198	6.179	15+					198
110CD 199			6.181	15-			199
110CD 200					6.217	(14)	200

110CD 201			6.354	15-			201
110CD 202					6.490	(1)	202
110CD 203					6.544	(15-)	203
110CD 204					6.569	14	204
110CD 205	6.576	16+					205
110CD 206					6.584	14	206
110CD 207					6.646	(16+)	207
110CD 208					6.671	(15-)	208
110CD 209			6.673	16-			209
110CD 210	6.798	16+					210

110CD 211	6.836	16+					211
110CD 212					6.880	15	212
110CD 213			6.963	16-			213
110CD 214			6.993	17-			214
110CD 215			7.048	16-			215
110CD 216	7.184	17+					216
110CD 217					7.281	16	217
110CD 218					7.286	(16)	218
110CD 219	7.325	18+					219 0.159 PS 21

110CD 220				7.342		220		

110CD 221				7.443	(17-)	221		
110CD 222			7.523	18-		222		
110CD 223			7.575	17-		223		
110CD 224				7.594		224		
110CD 225	7.653	18+				225		
110CD 226				7.759	17	226		
110CD 227				7.778		227		
110CD 228				7.798	(17)	228		
110CD 229				7.801	(18+)	229		
110CD 230			7.946	19-		230		

110CD 231			7.970	18-		231		
110CD 232				8.017	17	232		
110CD 233				8.278	18	233		
110CD 234				8.292	(18)	234		
110CD 235				8.373		235		
110CD 236				8.405	(19-)	236		
110CD 237				8.481	(19+)	237		
110CD 238				8.531	(18)	238		
110CD 239				8.596	19	239		
110CD 240			8.630	20-		240		

110CD 241	8.648	20+				241	0.118 PS	21
110CD 242	8.862	20+				242		
S-p	=	8.918	(0.001)	-----				
110CD 243				8.968	20	243	0.127 PS	+12-15
110CD 244			9.107	21-		244		
110CD 245				9.430	21	245	0.070 PS	+10-12
110CD 246				9.574	(21-)	246		
S-n	=	9.915	(0.002)	-----				
110CD 247	9.962	22+				247	0.15 PS	5
110CD 248			9.972	22-		248		
110CD 249				9.991	22	249	0.065 PS	+10-12

S-p	=	8.918	(0.001)	-----				
S-n	=	9.915	(0.002)	-----				
S-2p	=	15.402	(0.001)	-----				
S-2n	=	17.238	(0.001)	-----				
S-alpha	=	2.865	(0.001)	-----				
S+p	=	-5.333	(0.003)					
S+n	=	-6.976	(0.001)					
S+2p	=	-12.885	(0.000)					
S+2n	=	-16.370	(0.000)					
S+alpha	=	-2.637	(0.000)					
gap p	=	3.585	(0.004)					

gap n = 2.939 (0.002)
gap 2p = 2.517 (0.001)
gap 2n = 0.869 (0.001)
gap alpha = 0.229 (0.001)