

^{116}I $Z = 53$ $N = 63$ adopted link ENSDF link

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

BE = 972.229 (0.075) MeV

Qbeta+ = 7.843 (0.079) MeV

	Energy T	J+	J-	J-other	T1/2

S-alpha=	-1.753 (0.077)				
116I	1 0.000	1+			1 2.91 S 15

S-p	= 2.647 (0.080)				
S-n	= 9.154 (0.080)				
S-2p	= 7.502 (0.078)				
S-2n	= 20.924 (0.078)				
S-alpha=	-1.753 (0.077)				

S+p	= -4.054 (0.076)				
S+n	= -11.089 (0.079)				
S+2p	= -5.567 (0.076)				
S+2n	= -19.693 (0.078)				
S+alpha	= 1.107 (0.076)				

gap p	= -1.407 (0.110)				
gap n	= -1.935 (0.113)				
gap 2p	= 1.935 (0.109)				
gap 2n	= 1.231 (0.110)				
gap alpha	= -0.646 (0.108)				