

^{153}Nd $Z = 60$ $N = 93$ adopted link ENSDF link

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

BE = 1255.301 (0.003) MeV

Qbeta- = 3.318 (0.009) MeV

	Energy T	J+	J-	J-other	T1/2
153ND 1				0.000 (3/2)-	1 31.6 S 10
153ND 2				0.050 (5/2)-	2
153ND 3				0.120 (7/2-)	3
153ND 4				0.192 (5/2)+	4 1.10 US 5
153ND 5				0.208 (9/2-)	5
153ND 6				0.252 (7/2+)	6
153ND 7				0.318 (11/2-)	7
153ND 8				0.330 (9/2+)	8
153ND 9				0.428 (11/2+)	9
153ND 10				0.441 (13/2-)	10

153ND 11				0.539 (13/2+)	11
153ND 12				0.588 (15/2-)	12
153ND 13				0.677 (15/2+)	13
153ND 14				0.744 (17/2-)	14
153ND 15				0.817 (17/2+)	15
153ND 16				0.928 (19/2-)	16
153ND 17				1.002 (19/2+)	17
153ND 18				1.111 (21/2-)	18
153ND 19				1.165 (21/2+)	19
153ND 20				1.332 (23/2-)	20

153ND 21				1.400 (23/2+)	21
153ND 22				1.540 (25/2-)	22
153ND 23				1.579 (25/2+)	23
153ND 24				1.795 (27/2-)	24
153ND 25				1.869 (27/2+)	25
153ND 26				2.025 (29/2-)	26
153ND 27				2.057 (29/2+)	27
153ND 28				2.315 (31/2-)	28
153ND 29				2.407 (31/2+)	29
153ND 30				2.564 (33/2-)	30

153ND 31				2.595 (33/2+)	31
153ND 32				3.009 (35/2+)	32
S-alpha=	3.085 (0.011)	-----	-----	-----	-----
153ND 33				3.190 (37/2+)	33

S-p = 10.861 (0.019)-----

S-n = 5.252 (0.025)-----
S-2p = 20.683 (0.018)-----
S-2n = 12.530 (0.003)-----
S-alpha= 3.085 (0.011)-----

S+p = -8.225 (0.025)
S+n = -6.320 (0.003)
S+2p = -17.439 (0.003)
S+2n = -11.096 (0.010)
S+alpha = -1.772 (0.005)

gap p = 2.636 (0.031)
gap n = -1.068 (0.025)
gap 2p = 3.245 (0.018)
gap 2n = 1.434 (0.010)
gap alpha = 1.313 (0.012)