

^{154}Nd $Z = 60$ $N = 94$ [link to full NNDC output](#)

Based on ENSDF from Dec 2018, and mass evaluation from 2016

BE = 1261.867 (0.053) MeV

Qbeta- = 2.687 (0.070) MeV

	Energy T	J+	J-	J-other	T1/2
154ND 1	0.000	0+			1 25.9 S 2
154ND 2	0.071	2+			2 7.7 NS 20
154ND 3	0.233	4+			3
154ND 4				233.2+X	4 1.3 US 5
154ND 5	0.482	6+			5
154ND 6	0.810	8+			6
154ND 7				0.962 1,2+	7
154ND 8				1.003 (2-)	8
154ND 9				1.028 2+,3,4+	9
154ND 10				1.128 (4-)	10
154ND 11	1.211	10+			11
154ND 12				1.326 (6-)	12
154ND 13				1.349 (5-)	13 1 US GT
154ND 14				1.524	14
154ND 15				1.584	15
154ND 16				1.594 (8-)	16
154ND 17	1.677	12+			17 1.9 PS
154ND 18				1.933 (10-)	18
154ND 19				2.194	19
154ND 20	2.202	14+			20 1.0 PS
154ND 21				2.338 (12-)	21
154ND 22	2.779	16+			22 0.69 PS
154ND 23				2.808 (14-)	23
154ND 24				3.339 (16-)	24
154ND 25				3.399 (18+)	25

S-p = 11.546 (0.054)-----
 S-n = 6.566 (0.053)-----
 S-2p = 0.000 (0.000)-----
 S-2n = 11.818 (0.058)-----
 S-alpha= 3.403 (0.054)-----

S+p = -8.404 (0.053)
 S+n = -4.530 (0.053)
 S+2p = -18.113 (0.053)
 S+2n = -10.791 (0.207)
 S+alpha = -1.850 (0.053)

gap p = 3.142 (0.076)
gap n = 2.036 (0.075)
gap 2p = 0.000 (0.000)
gap 2n = 1.027 (0.215)
gap alpha = 1.553 (0.076)