

^{157}Nd $Z = 60$ $N = 97$ adopted link ENSDF link

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

BE = 1276.750 (0.002) MeV

Qbeta- = 5.803 (0.007) MeV

	Energy T	J+	J-	J-other	T1/2
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157ND 1				0.000 (5/2-)	1 1.15 S 3

S-p = 12.334 (0.002)-----
 S-n = 4.363 (0.003)-----
 S-2p = 23.265 (0.310)-----
 S-2n = 10.353 (0.009)-----
 S-alpha= 3.953 (0.153)-----

S+p = -9.901 (0.002)
 S+n = -5.412 (0.003)
 S+2p = -20.292 (0.006)
 S+2n = -9.373 (0.030)
 S+alpha = -2.603 (0.007)

gap p = 2.433 (0.003)
 gap n = -1.049 (0.004)
 gap 2p = 2.974 (0.310)
 gap 2n = 0.980 (0.031)
 gap alpha = 1.350 (0.153)