

^{160}Nd $Z = 60$ $N = 100$ adopted link ENSDF link

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

BE = 1291.195 (0.047) MeV

Qbeta- = 6.170 (0.047) MeV

	Energy T	J+	J-	J-other	T1/2
160ND	1 0.000	0+			1 439 MS 37
160ND	2			0.065 (2+)	2
160ND	3			0.215 (4+)	3
160ND	4			1.108 (4-)	4 1.63 US 21

S-p = 13.312 (0.479)-----
 S-n = 5.072 (0.055)-----
 S-2p = 24.825 (0.476)-----
 S-2n = 9.032 (0.047)-----
 S-alpha= 4.291 (0.315)-----

S+p = -10.651 (0.047)
 S+n = -3.567 (0.325)
 S+2p = -22.233 (0.047)
 S+2n = -8.369 (0.327)
 S+alpha = -3.626 (0.047)

gap p = 2.661 (0.482)
 gap n = 1.504 (0.330)
 gap 2p = 2.592 (0.479)
 gap 2n = 0.663 (0.331)
 gap alpha = 0.665 (0.319)