

$^{160}\text{Sm}$        $Z = 62$        $N = 98$       adopted link      ENSDF link

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

BE = 1303.139 ( 0.002) MeV

Qbeta- = 3.260 ( 0.002) MeV

	Energy T	J+	J-	J-other	T1/2
160SM 1	0.000	0+			1 9.6 S 3
160SM 2	0.071	2+			2
160SM 3	0.233	4+			3
160SM 4	0.483	6+			4
160SM 5	0.817	8+			5
160SM 6				1.228 (10+)	6
160SM 7				1.361 (5-)	7 120 NS 46
160SM 8				1.469 (6-)	8
160SM 9				1.602 (7-)	9
160SM 10				1.710 (12+)	10
160SM 11				1.755 (8-)	11
160SM 12				1.926 (9-)	12
160SM 13				2.117 (10-)	13
160SM 14				2.259 (14+)	14
160SM 15				2.326 (11-)	15
S-alpha=	2.456 ( 0.002)				
160SM 16				2.758 (11+)	16 1.8 US 4

S-p = 10.968 ( 0.010)

S-n = 6.097 ( 0.006)

S-2p = 20.976 ( 0.002)

S-2n = 11.124 ( 0.005)

S-alpha= 2.456 ( 0.002)

S+p = -8.847 ( 0.011)

S+n = -4.510 ( 0.007)

S+2p = -18.625 ( 0.004)

S+2n = -10.289 ( 0.004)

S+alpha = -1.885 ( 0.002)

gap p = 2.120 ( 0.015)

gap n = 1.586 ( 0.009)

gap 2p = 2.350 ( 0.005)

gap 2n = 0.835 ( 0.007)

gap alpha = 0.571 ( 0.003)