

^{160}Sm $Z = 62$ $N = 98$ [link to full NNDC output](#)

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

BE = 1303.140 (0.006) MeV

Qbeta- = 3.246 (0.011) 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 | 0.484 | 6+ | | | 4 |
| 160SM 5 | 0.817 | 8+ | | | 5 |
| 160SM 6 | 1.228 | 10+ | | | 6 |
| 160SM 7 | 1.710 | 12+ | | | 7 |
| S-alpha= | 2.186 (0.200) | | | | |
| 160SM 8 | 2.258 | 14+ | | | 8 |

S-p = 10.969 (0.012)-----

S-n = 6.098 (0.008)-----

S-2p = 0.000 (0.000)-----

S-2n = 11.127 (0.008)-----

S-alpha= 2.186 (0.200)-----

S+p = -8.846 (0.012)

S+n = -4.509 (0.009)

S+2p = -18.624 (0.007)

S+2n = 0.000 (0.000)

S+alpha = 0.000 (0.000)

gap p = 2.124 (0.017)

gap n = 1.590 (0.012)

gap 2p = 0.000 (0.000)

gap 2n = 0.000 (0.000)

gap alpha = 0.000 (0.000)