

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

Based on ensdf_240402 (Apr 2024), 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)