

$^{150}\text{Gd}$        $Z = 64$        $N = 86$       [link to full NNDC output](#)

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

BE = 1236.391 ( 0.006) MeV

	Energy T	J+	J-	J-other	T1/2
-----					
S-alpha=	-2.807	( 0.007)	-----		
150GD 1	0.000	0+			1 1.79E+6 Y 8
150GD 2	0.638	2+			2
150GD 3			1.134	3-	3
150GD 4	1.207	0+			4
150GD 5	1.288	4+			5
150GD 6				1.430 (2)+	6
150GD 7	1.518	2+			7
150GD 8				1.592 1	8
150GD 9			1.700	5-	9
150GD 10			1.814	3-	10
-----					
150GD 11	1.936	6+			11
150GD 12				1.947 2-,3-,4-	12
150GD 13	1.955	2+			13
150GD 14				1.970	14
150GD 15				1.980	15
150GD 16				1.988 2+,3+,4+	16
150GD 17				2.081 (2,3,4)+	17
150GD 18				2.084 2-,3-	18
150GD 19	2.092	2+			19
150GD 20	2.116	6+			20
-----					
150GD 21				2.158	21
150GD 22	2.180	2+			22
150GD 23				2.210 2-,3-	23
150GD 24			2.211	7-	24
150GD 25				2.262	25
150GD 26				2.306 (5-,6+)	26
150GD 27				2.326	27
150GD 28				2.365 1,2+	28
150GD 29				2.392 (7)+	29
150GD 30	2.409	2+			30
-----					
150GD 31				2.417 3	31
150GD 32				2.426 1-,2+	32
150GD 33				2.434	33
150GD 34				2.522 (2+,3,4+)	34
150GD 35	2.554	8+			35
150GD 36				2.559 1,2+	36
150GD 37				2.565 (1-,2-,3-)	37

150GD 38						2.594		38
150GD 39						2.628		39
150GD 40						2.654		40
-----								
150GD 41						2.678	1,2+	41
150GD 42						2.687	1-,2,3-	42
150GD 43						2.755	2+,3,4+	43
150GD 44						2.767	(8+)	44
150GD 45						2.786	1-,2+	45
150GD 46				2.816	9-			46
150GD 47						2.828		47
150GD 48				2.835	8-			48
150GD 49						2.845	1,2+	49
150GD 50						2.868		50
-----								
150GD 51		2.906	8+					51
150GD 52						2.956		52
150GD 53						2.985	1,2+	53
150GD 54						3.025		54
150GD 55						3.036	1-,2+	55
150GD 56						3.043		56
150GD 57						3.084		57
150GD 58						3.119		58
150GD 59						3.134		59
150GD 60						3.177		60
-----								
150GD 61						3.178		61
150GD 62				3.220	10-			62
150GD 63						3.251		63
150GD 64						3.269		64
150GD 65		3.288	10+					65
150GD 66						3.298		66
150GD 67						3.329		67
150GD 68						3.345	(2+)	68
150GD 69				3.366	11-			69
150GD 70						3.376		70
-----								
150GD 71						3.378		71
150GD 72						3.389		72
150GD 73		3.462	2+					73
150GD 74						3.511	(1-,2+)	74
150GD 75						3.522		75
150GD 76						3.631		76
150GD 77		3.657	2+					77
150GD 78						3.712		78
150GD 79						3.727		79
150GD 80						3.772		80
-----								
150GD 81						3.828	(1,2+)	81
150GD 82						3.840		82

150GD 83						3.964		83	
150GD 84						4.021	(1,2+)	84	
150GD 85		4.105	12+					85	
150GD 86						4.111	1-,2+	86	
150GD 87				4.131	13-			87	
150GD 88						4.144	(1-,2+)	88	
150GD 89						4.151		89	
150GD 90		4.164	2+					90	
-----									
150GD 91						4.179		91	
150GD 92						4.187	(12)-	92	
150GD 93						4.207	(1,2+)	93	
150GD 94						4.235	(1-,2+)	94	
150GD 95						4.246	(1,2+)	95	
150GD 96						4.258	(1-,2+)	96	
150GD 97		4.265	2+					97	
150GD 98						4.283	(1,2+)	98	
150GD 99						4.289	(1,2+)	99	
150GD 100						4.297		100	
-----									
150GD 101						4.303		101	
150GD 102						4.314	1,2+	102	
150GD 103		4.322	2+					103	
150GD 104						4.344	(1,2+)	104	
150GD 105						4.379	(1+,2+)	105	
150GD 106						4.405	(1,2+)	106	
150GD 107						4.420	(13)	107	
150GD 108						4.435		108	
150GD 109						4.446	1,2+	109	
150GD 110						4.462		110	
-----									
150GD 111						4.493		111	
150GD 112						4.500		112	
150GD 113						4.523		113	
150GD 114						4.529	(1,2+)	114	
150GD 115						4.546		115	
150GD 116						4.557		116	
150GD 117						4.563		117	
150GD 118		4.740	14+					118	
150GD 119						4.745		119	
150GD 120				4.835	15-			120	
-----									
150GD 121		5.429	16+					121	
150GD 122				5.451	17-			122	
150GD 123		5.633	17+					123	
150GD 124		5.765	18+					124	
150GD 125						6.312	(19-)	125	
150GD 126						6.451	(20+)	126	
150GD 127						6.496	(21-)	127	
-----									
S-p	=	6.612	(0.007)	-----					

150GD 128				7.276	(23-)	128
150GD 129				7.930	(25-)	129
150GD 130				8.325	(27-)	130
-----						
S-n	=	8.708	(	0.007)	-----	
150GD 131				9.410	(28+)	131
150GD 132				9.497	(29-)	132
150GD 133				9.582	(29+)	133
150GD 134				9.851	(30+)	134
150GD 135				10.532	(31+)	135
-----						
S-2p	=	11.006	(	0.006)	-----	
150GD 136				11.231	(33+)	136
150GD 137				12.185	(34-)	137
150GD 138				12.678	(36-,34+)	138
150GD 139				X		139
150GD 140				815.00+X		140
-----						
150GD 141				1021.1+X		141
150GD 142				1664.10+X		142
150GD 143				1931.3+X		143
150GD 144				2156.6+X		144
150GD 145				2552.00+X		145
150GD 146				2897.4+X		146
150GD 147				3012.6+X		147
150GD 148				3480.90+X		148
150GD 149				3893.0+X		149
150GD 150				3960.6+X		150
-----						
150GD 151				4451.79+X		151
150GD 152				4861.7+X		152
150GD 153				5465.28+X		153
150GD 154				5860.7+X		154
150GD 155				6521.8+X		155
150GD 156				6907.6+X		156
150GD 157				7621.8+X		157
150GD 158				8005.2+X		158
150GD 159				8766.4+X		159
150GD 160				9154.0+X		160
-----						
150GD 161				9956.9+X		161
150GD 162				10354.0+X		162
150GD 163				11194.8+X		163
150GD 164				11604.9+X		164
150GD 165				12481.4+X		165
150GD 166				12906.1+X		166
150GD 167				13818.0+X		167
150GD 168				14257.7+X		168
150GD 169				15205.8+X		169
150GD 170				15658.7+X		170
-----						

150GD 171		16645.9+X	171
150GD 172		17109.1+X	172
150GD 173		18139.1+X	173
150GD 174		18608.2+X	174
150GD 175		19686.1+X	175
150GD 176		20155.8+X	176
150GD 177		21287.8+X	177
150GD 178		21751.8+X	178
150GD 179		23397.3+X	179
150GD 180		Y	180
-----			
150GD 181		688.1+Y	181
150GD 182		1287.6+Y	182
150GD 183		1423.8+Y	183
150GD 184		2015.5+Y	184
150GD 185		2208.9+Y	185
150GD 186		2787.0+Y	186
150GD 187		3043.3+Y	187
150GD 188		3601.3+Y	188
150GD 189		3928.6+Y	189
150GD 190		4458.6+Y	190
-----			
150GD 191		4865.1+Y	191
150GD 192		5359.3+Y	192
150GD 193		5853.7+Y	193
150GD 194		6304.6+Y	194
150GD 195		6894.6+Y	195
150GD 196		7295.2+Y	196
150GD 197		7989.9+Y	197
150GD 198		8331.9+Y	198
150GD 199		9139.2+Y	199
150GD 200		9415.2+Y	200
-----			
150GD 201		10343.1+Y	201
150GD 202		10546.6+Y	202
150GD 203		11602.4+Y	203
150GD 204		11725.9+Y	204
150GD 205		12916.1+Y	205
150GD 206		12955.8+Y	206
150GD 207		14229.1+Y	207
150GD 208		14293.5+Y	208
150GD 209		15557.7+Y	209
150GD 210		15721.8+Y	210
-----			
150GD 211		16936.3+Y	211
150GD 212		17208.2+Y	212
150GD 213		18366.7+Y	213
150GD 214		18751.4+Y	214
150GD 215		19848.9+Y	215
150GD 216		20351.6+Y	216

150GD 217			21384.3+Y	217
150GD 218			22010.0+Y	218
150GD 219			22972.1+Y	219
150GD 220			Z	220
-----				
150GD 221			712.5+Z	221
150GD 222			1473.7+Z	222
150GD 223			2284.2+Z	223
150GD 224			3144.2+Z	224
150GD 225			4054.7+Z	225
150GD 226			5017.2+Z	226
150GD 227			6032.1+Z	227
150GD 228			7100.3+Z	228
150GD 229			8222.7+Z	229
150GD 230			9399.8+Z	230
-----				
150GD 231			10632.1+Z	231
150GD 232			11919.8+Z	232
150GD 233			13263.6+Z	233
150GD 234			14664.1+Z	234
150GD 235			16121.2+Z	235
150GD 236			17635.1+Z	236
150GD 237			19204.2+Z	237
150GD 238			U	238
150GD 239			771.5+U	239
150GD 240			1588.6+U	240
-----				
150GD 241			2451.5+U	241
150GD 242			3359.9+U	242
150GD 243			4313.1+U	243
150GD 244			5311.3+U	244
150GD 245			6353.7+U	245
150GD 246			7441.4+U	246
150GD 247			8574.4+U	247
150GD 248			9753.9+U	248
150GD 249			10980.9+U	249
150GD 250			12256.0+U	250
-----				
150GD 251			13581.2+U	251
150GD 252			14956.3+U	252
150GD 253			16382.4+U	253
150GD 254			17862.5+U	254
150GD 255			19379.2+U	255
150GD 256			20915.2+U	256
150GD 257			22505.2+U	257
150GD 258			V	258
150GD 259			733.20+V	259
150GD 260			1511.4+V	260
-----				
150GD 261			2341.2+V	261

150GD 262		3221.1+V	262
150GD 263		4151.2+V	263
150GD 264		5132.6+V	264
150GD 265		6166.5+V	265
150GD 266		7253.5+V	266
150GD 267		8394.9+V	267
150GD 268		9590.4+V	268
150GD 269		10841.4+V	269
150GD 270		12147.9+V	270
-----			
150GD 271		13510.5+V	271
150GD 272		14929.5+V	272
150GD 273		16404.8+V	273
150GD 274		17937.1+V	274
150GD 275		19527.0+V	275
150GD 276		21171.8+V	276
150GD 277		W	277
150GD 278		711.1+W	278
150GD 279		1469.4+W	279
150GD 280		2275.8+W	280
-----			
150GD 281		3131.3+W	281
150GD 282		4036.7+W	282
150GD 283		4993.1+W	283
150GD 284		6001.3+W	284
150GD 285		7062.1+W	285
150GD 286		8176.0+W	286
150GD 287		9344.4+W	287
150GD 288		10567.0+W	288
150GD 289		11845.0+W	289
150GD 290		13178.7+W	290
-----			
150GD 291		14568.9+W	291
150GD 292		16015.7+W	292
150GD 293		17519.6+W	293
150GD 294		19080.3+W	294
150GD 295		20698.2+W	295
150GD 296		S	296
150GD 297		800.4+S	297
150GD 298		1650.3+S	298
150GD 299		2552.7+S	299
150GD 300		3507.9+S	300
-----			
150GD 301		4518.1+S	301
150GD 302		5584.2+S	302
150GD 303		6706.4+S	303
150GD 304		7886.2+S	304
150GD 305		9124.2+S	305
150GD 306		10420.8+S	306
150GD 307		11776.5+S	307

150GD 308		13191.5+S	308
150GD 309		14665.5+S	309
150GD 310		16199.5+S	310
-----			
150GD 311		17793.6+S	311
150GD 312		19446.1+S	312
150GD 313		-0.001	J3 AP (33+) 313
150GD 314		827.6+T	314
150GD 315		1702.9+T	315
150GD 316		2627.2+T	316
150GD 317		3601.5+T	317
150GD 318		4626.6+T	318
150GD 319		5703.4+T	319
150GD 320		6832.3+T	320
-----			
150GD 321		8014.8+T	321
150GD 322		9250.8+T	322
150GD 323		10540.9+T	323
150GD 324		11885.9+T	324
150GD 325		13286.0+T	325
150GD 326		14741.9+T	326
150GD 327		16253.7+T	327
150GD 328		17821.0+T	328
150GD 329		A	329
150GD 330		804.0+A	330
-----			
150GD 331		1655.6+A	331
150GD 332		2555.8+A	332
150GD 333		3507.0+A	333
150GD 334		4508.5+A	334
150GD 335		5562.2+A	335
150GD 336		6660.4+A	336
150GD 337		7822.2+A	337
150GD 338		9034.6+A	338
150GD 339		10300.5+A	339
150GD 340		11621.0+A	340
-----			
150GD 341		12996.6+A	341
150GD 342		14427.3+A	342
150GD 343		15912.7+A	343
150GD 344		17451.6+A	344
150GD 345		B	345
150GD 346		830.0+B	346
150GD 347		1706.5+B	347
150GD 348		2629.1+B	348
150GD 349		3599.1+B	349
150GD 350		4615.7+B	350
-----			
150GD 351		5680.0+B	351
150GD 352		6792.0+B	352



150GD 353		7952.0+B	353
150GD 354		9159.7+B	354
150GD 355		10414.1+B	355
150GD 356		11716.8+B	356
150GD 357		13068.5+B	357
150GD 358		14468.6+B	358
150GD 359		15917.5+B	359
150GD 360		17412.5+B	360
-----			
150GD 361		C	361
150GD 362		815.1+C	362
150GD 363		1664.1+C	363
150GD 364		2553.1+C	364
150GD 365		3430.8+C	365
150GD 366		4353.5+C	366
150GD 367		5322.9+C	367
150GD 368		6338.5+C	368
150GD 369		7403.9+C	369
150GD 370		8516.3+C	370
-----			
150GD 371		9682.2+C	371
150GD 372		10901.0+C	372
150GD 373		12172.4+C	373
150GD 374		13499.3+C	374
150GD 375		14881.7+C	375
150GD 376		16320.1+C	376
150GD 377		17816.2+C	377
150GD 378		19373+C	378
150GD 379		D	379
150GD 380		808.9+D	380
-----			
150GD 381		1667.4+D	381
150GD 382		2577.0+D	382
150GD 383		3433.3+D	383
150GD 384		4334.0+D	384
150GD 385		5279.6+D	385
150GD 386		6271.1+D	386
150GD 387		7311.5+D	387
150GD 388		8404.3+D	388
150GD 389		9544.6+D	389
150GD 390		10736.6+D	390
-----			
150GD 391		11981.5+D	391
150GD 392		13280.5+D	392
150GD 393		14635.3+D	393
150GD 394		16047+D	394
150GD 395		17515+D	395
150GD 396		19046+D	396
150GD 397		20638+D	397

```
S-p    =  6.612 ( 0.007)-----  
S-n    =  8.708 ( 0.007)-----  
S-2p   = 11.006 ( 0.006)-----  
S-2n   = 15.637 ( 0.006)-----  
S-alpha= -2.807 ( 0.007)-----  
  
S+p    = -3.149 ( 0.007)  
S+n    = -6.496 ( 0.007)  
S+2p   = -8.932 ( 0.008)  
S+2n   = -15.086 ( 0.006)  
S+alpha =  2.945 ( 0.010)  
  
gap p   =  3.463 ( 0.010)  
gap n   =  2.212 ( 0.010)  
gap 2p  =  2.074 ( 0.010)  
gap 2n  =  0.552 ( 0.009)  
gap alpha =  0.138 ( 0.012)
```