^{160}Gd $Z = 64$ $N = 96$ link to full NNDC output

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

BE = 1309.282 (0.001) MeV

	Energy T	J+	J-	J-other	T1/2
160GD 1	0.000	0+		1	STABLE
160GD 2	0.075	2+		2	2.72 NS 1
160GD 3	0.249	4+		3	
160GD 4	0.515	6+		4	
160GD 5	0.868	8+		5	
160GD 6			0.913	6	
160GD 7			0.946	7	
160GD 8	0.988	2+		8	1.30 PS 6
S-alpha= 1.006 (0.009)					
160GD 9			1.016	9	
160GD 10	1.058	3+		10	
160GD 11	1.070	4+		11	
160GD 12	1.148	4+		12	
160GD 13	1.193	5+		13	
160GD 14			1.224 1-	14	0.015 PS 4
160GD 15	1.261	5+		15	
160GD 16			1.290 3-	16	0.051 PS 14
160GD 17			1.296 (4+,5+)	17	
160GD 18	1.301	10+		18	
160GD 19			1.326 (0+)	19	
160GD 20	1.331	6+		20	
160GD 21			1.351 1,2+	21	
160GD 22			1.377 (2+)	22	
160GD 23	1.380	0+		23	
160GD 24			1.389 (2+)	24	
160GD 25	1.393	6+		25	
160GD 26			1.428 5-	26	
160GD 27	1.436	2+		27	
160GD 28			1.460 (3-)	28	
160GD 29			1.532 2+,3,4+	29	
160GD 30	1.537	4+		30	
160GD 31			1.549 (7+)	31	
160GD 32			1.569 1,2+	32	
160GD 33	1.584	2+		33	
160GD 34			1.587 1,2+	34	
160GD 35			1.599 1,2+	35	
160GD 36			1.634	36	
160GD 37			1.643 (7-)	37	

160GD	38					1.653	4+,5,6+	38
160GD	39					1.665	(3+)	39
160GD	40					1.686		40
160GD	41					1.688	(3-)	41
160GD	42					1.717	(8+)	42
160GD	43					1.720		43
160GD	44					1.779		44
160GD	45	1.806	12+					45
160GD	46					1.913		46
160GD	47					1.941	(9-)	47
160GD	48			1.967	1-			48
160GD	49					1.972	1(-),2+	49
160GD	50	1.997	2+					50
160GD	51					2.031		51
160GD	52					2.052	2+,3,4+	52
160GD	53					2.059		53
160GD	54					2.109		54
160GD	55					2.112		55
160GD	56					2.118	(10+)	56
160GD	57	2.121	4+					57
160GD	58					2.139		58
160GD	59					2.163	1	59
160GD	60					2.176		60
160GD	61					2.231		61
160GD	62					2.238		62
160GD	63					2.244		63
160GD	64					2.253		64
160GD	65					2.278	1	65
160GD	66					2.313	(11-)	66
160GD	67					2.319		67
160GD	68					2.346		68
160GD	69	2.348	1+					69
160GD	70					2.368		70
160GD	71					2.377		71
160GD	72	2.377	14+					72
160GD	73					2.379		73
160GD	74					2.408		74
160GD	75					2.450		75
160GD	76			2.471	1-			76
160GD	77					2.538		77
160GD	78					2.548		78
160GD	79					2.582	(12+)	79
160GD	80					2.597		80
160GD	81	2.670	1+					81
160GD	82					2.761	1	82

160GD	83	2.796	1+					83
160GD	84					2.820	1(+)	84
160GD	85					2.999	1	85
160GD	86	3.008	16+					86
160GD	87			3.032	1-			87
160GD	88			3.131	1-			88
160GD	89					3.166	1(-)	89
160GD	90	3.170	1+					90
160GD	91					3.228	1	91
160GD	92	3.277	1+					92
160GD	93					3.292	1	93
160GD	94	3.308	1+					94
160GD	95					3.328	1	95
160GD	96	3.331	1+					96
160GD	97	3.340	1+					97
160GD	98					3.357	1	98
160GD	99					3.376	1	99
160GD	100			3.415	1-			100
160GD	101			3.460	1-			101
160GD	102					3.477	1(+)	102
160GD	103					3.537	1	103
160GD	104					3.550	1	104

```
S-p    =   9.188 ( 0.004)-------------------------------------------------------------------------
S-n    =   7.452 ( 0.002)-------------------------------------------------------------------------
S-2p   =  17.269 ( 0.005)-------------------------------------------------------------------------
S-2n   =  13.395 ( 0.002)-------------------------------------------------------------------------
S-alpha=   1.006 ( 0.009)-------------------------------------------------------------------------

S+p       =  -6.809 ( 0.002)
S+n       =  -5.635 ( 0.002)
S+2p      = -14.818 ( 0.002)
S+2n      = -12.482 ( 0.004)
S+alpha   =  -0.451 ( 0.002)

gap p     =   2.379 ( 0.005)
gap n     =   1.816 ( 0.003)
gap 2p    =   2.452 ( 0.005)
gap 2n    =   0.913 ( 0.005)
gap alpha =   0.555 ( 0.009)
```