

^{162}Gd $Z = 64$ $N = 98$ adopted link ENSDF link

Based on ensdf_240402 (Apr 2024), and mass evaluation from 2020

BE = 1321.764 (0.004) MeV

Qbeta- = 1.599 (0.004) MeV

	Energy T	J+	J-	J-other	T1/2

162GD	1 0.000	0+			1 8.4 M 2
162GD	2 0.072	(2+)			2 2.76 NS 6
162GD	3 0.237	(4+)			3
162GD	4 0.490	(6+)			4
162GD	5 0.826	(8+)			5
162GD	6 0.863	2+			6
162GD	7 0.927	(3+)			7
162GD	8 1.013	(4+)			8
162GD	9 1.119	(5+)			9
162GD	10 1.238	(10+)			10

162GD	11 1.243	(6+)			11
162GD	12 1.354	(4+)			12
162GD	13 1.389	(7+)			13
162GD	14 1.428	0+			14
162GD	15		1.449	(6-)	15 99 US 5
S-alpha=	1.454 (0.006)				

162GD	16 1.457	(5+)			16
162GD	17 1.493	(2+)			17
162GD	18			1.520	18
162GD	19 1.579	(6+)			19
162GD	20		1.582	(7-)	20

162GD	21 1.645	(4+)			21
162GD	22 1.701	0+			22
162GD	23			1.715	23
162GD	24 1.719	(12+)			24
162GD	25 1.721	(7+)			25
162GD	26		1.733	(8-)	26
162GD	27			1.749	27
162GD	28 1.781	(2+)			28
162GD	29 1.898	(6+)			29
162GD	30			1.975	30

162GD	31			2.014	31
162GD	32			2.030	32
162GD	33			2.148	33
162GD	34			2.163	34
162GD	35 2.260	(14+)			35

162GD 36				2.305	36
162GD 37				2.321	37
162GD 38				2.337	38
162GD 39				2.346	39
162GD 40				2.414	40

162GD 41				2.418	41
162GD 42				2.432	42
162GD 43				2.464	43
162GD 44				2.591	44
162GD 45				2.655	45
162GD 46		2.857 (16+)			46
162GD 47				3.424	47
162GD 48				3.511	48
162GD 49				3.573	49
162GD 50				3.596	50

162GD 51				3.660	51

S-p = 9.778 (0.011) -----
S-n = 6.846 (0.004) -----
S-2p = 18.625 (0.004) -----
S-2n = 12.481 (0.004) -----
S-alpha= 1.454 (0.006) -----

S+p = -7.604 (0.006)
S+n = -5.179 (0.004)
S+2p = -16.265 (0.004)
S+2n = -11.556 (0.004)
S+alpha = -0.729 (0.004)

gap p = 2.174 (0.012)
gap n = 1.667 (0.006)
gap 2p = 2.361 (0.006)
gap 2n = 0.926 (0.006)
gap alpha = 0.725 (0.007)