

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

Based on ENSDF from Oct 2022, 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
162GD 3	0.236	4+			3
162GD 4	0.490	6+			4
162GD 5	0.826	8+			5
162GD 6	0.864	2+			6
162GD 7				0.930 (3+)	7
162GD 8	1.015	4+			8
162GD 9	1.238	10+			9
162GD 10	1.427	0+			10

S-alpha=	1.454 (0.006)				
162GD 11				1.461	11
162GD 12				1.492 (2+)	12
162GD 13				1.641	13
162GD 14	1.702	0+			14
162GD 15	1.719	12+			15
162GD 16				1.749	16
162GD 17				2.163	17
162GD 18	2.260	14+			18
162GD 19				2.346	19
162GD 20				2.432	20

162GD 21				2.464	21
162GD 22	2.857	16+			22

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)