

^{164}Gd $Z = 64$ $N = 100$ adopted link ENSDF link

Based on ENSDF from Oct 2022, and mass evaluation from 2020

BE = 1333.320 (0.001) MeV

Qbeta- = 2.411 (0.002) MeV

	Energy T	J+	J-	J-other	T1/2
164GD 1	0.000	0+			1 45 S 3
164GD 2				0.073 (2+)	2 2.77 NS 14
164GD 3				0.241 (4+)	3
164GD 4				0.503 (6+)	4
164GD 5				0.852 (8+)	5
164GD 6				1.035 (3+)	6
164GD 7				1.096 (4-)	7 0.580 US 23
164GD 8				1.283 (10+)	8
164GD 9				1.794 (12+)	9
S-alpha=	1.885 (0.002)				
164GD 10				2.376 (14+)	10

S-p = 10.409 (0.001)-----
 S-n = 6.376 (0.001)-----
 S-2p = 19.892 (0.004)-----
 S-2n = 11.556 (0.004)-----
 S-alpha= 1.885 (0.002)-----

S+p = -8.184 (0.002)
 S+n = -4.904 (0.002)
 S+2p = -17.469 (0.001)
 S+2n = -10.820 (0.002)
 S+alpha = -1.290 (0.140)

gap p = 2.225 (0.002)
 gap n = 1.473 (0.002)
 gap 2p = 2.424 (0.004)
 gap 2n = 0.736 (0.004)
 gap alpha = 0.596 (0.140)