

$^{157}\text{Tb}$        $Z = 65$        $N = 92$       adopted link      ENSDF link

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

BE = 1287.108 ( 0.001) MeV

Qbeta+ = 0.060 ( 0.001) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-0.179 ( 0.002)-----				
157TB 1	0.000	3/2+			1 71 Y 7
157TB 2	0.061	5/2+			2 0.49 NS 12
157TB 3	0.144	7/2+			3
157TB 4	0.253	9/2+			4
157TB 5			0.326	5/2-	5 0.20 NS 4
157TB 6	0.328	5/2+			6
157TB 7			0.358	7/2-	7
157TB 8	0.378	11/2+			8
157TB 9	0.408	7/2+			9
157TB 10			0.426	9/2-	10
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157TB 11	0.514	9/2+			11
157TB 12			0.518	11/2-	12
157TB 13	0.532	13/2+			13
157TB 14				0.572 (7/2+)	14
157TB 15	0.597	1/2+			15
157TB 16	0.637	3/2+			16
157TB 17	0.643	11/2+			17
157TB 18			0.648	13/2-	18
157TB 19	0.658	7/2+			19
157TB 20	0.694	15/2+			20
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157TB 21	0.697	5/2+			21
157TB 22				0.709 (9/2+)	22
157TB 23			0.783	15/2-	23
157TB 24	0.794	7/2+			24
157TB 25	0.797	13/2+			25
157TB 26	0.838	5/2+			26
157TB 27	0.860	11/2+			27
157TB 28			0.860	11/2-	28
157TB 29				0.883 (1/2)-	29
157TB 30	0.890	17/2+			30
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157TB 31				0.895 (1/2,3/2,5/2)+	31
157TB 32	0.896	9/2+			32
157TB 33				0.923 (5/2-)	33
157TB 34				0.925 3/2+,5/2+	34
157TB 35	0.927	17/2+			35
157TB 36				0.947	36

157TB 37						0.966		37
157TB 38				0.970		3/2-		38
157TB 39		0.971		15/2+				39
157TB 40				0.974		17/2-		40
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157TB 41		0.992		3/2+				41
157TB 42						1.005		42
157TB 43		1.034		13/2+				43
157TB 44		1.044		5/2+				44
157TB 45						1.047	(11/2-)	45
157TB 46						1.049		46
157TB 47						1.067		47
157TB 48						1.078		48
157TB 49		1.083		19/2+				49
157TB 50						1.096	1/2-, 3/2-	50
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157TB 51				1.102		3/2-		51
157TB 52		1.120		7/2+				52
157TB 53				1.141		19/2-		53
157TB 54				1.161		5/2-		54
157TB 55						1.164	(7/2-)	55
157TB 56		1.166		17/2+				56
157TB 57						1.194		57
157TB 58						1.207		58
157TB 59						1.220	(15/2+)	59
157TB 60						1.238	(9/2+)	60
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157TB 61						1.261	(15/2-)	61
157TB 62						1.276	3/2-, 5/2-	62
157TB 63		1.317		21/2+				63
157TB 64						1.319		64
157TB 65						1.352		65
157TB 66		1.377		19/2+				66
157TB 67				1.390		21/2-		67
157TB 68						1.417		68
157TB 69						1.426	(17/2+)	69
157TB 70						1.454		70
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157TB 71						1.487		71
157TB 72						1.529		72
157TB 73		1.536		23/2+				73
157TB 74						1.541		74
157TB 75						1.557	(19/2-)	75
157TB 76						1.562		76
157TB 77						1.578		77
157TB 78				1.580		23/2-		78
157TB 79						1.602		79
157TB 80		1.609		21/2+				80
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157TB 81						1.631		81

157TB 82						1.659		82
157TB 83						1.695		83
157TB 84						1.749		84
157TB 85		1.801	25/2+					85
157TB 86		1.850	23/2+					86
157TB 87					1.879	25/2-		87
157TB 88							1.935 (23/2-)	88
157TB 89		2.040	27/2+					89
157TB 90					2.086	27/2-		90
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157TB 91		2.109	25/2+					91
157TB 92		2.328	29/2+					92
157TB 93		2.373	27/2+					93
157TB 94							2.394 (27/2-)	94
157TB 95					2.421	29/2-		95
157TB 96		2.583	31/2+					96
157TB 97					2.644	31/2-		97
157TB 98		2.650	29/2+					98
157TB 99		2.887	33/2+					99
157TB 100							2.921 (31/2-)	100
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157TB 101		2.931	31/2+					101
157TB 102					2.993	33/2-		102
157TB 103		3.153	35/2+					103
157TB 104		3.216	33/2+					104
157TB 105					3.230	35/2-		105
157TB 106		3.473	37/2+					106
157TB 107							3.488 (35/2-)	107
157TB 108		3.511	35/2+					108
157TB 109							3.571 (37/2-)	109
157TB 110		3.749	39/2+					110
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157TB 111		3.786	37/2+					111
157TB 112					3.814	39/2-		112
157TB 113							4.081 (39/2+)	113
157TB 114							4.082 (39/2-)	114
157TB 115		4.089	41/2+					115
157TB 116							4.153 (41/2-)	116
157TB 117							4.350 (41/2-)	117
157TB 118		4.382	43/2+					118
157TB 119					4.402	43/2-		119
157TB 120							4.669 (43/2+)	120
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157TB 121							4.748 (45/2+)	121
157TB 122							4.778 (45/2-)	122
157TB 123							4.946 (45/2+)	123
157TB 124							5.034 (47/2-)	124
157TB 125							5.062 (47/2+)	125
157TB 126							5.308 (47/2+)	126
157TB 127							5.457 (49/2+)	127

S-p	=	5.518	( 0.001)	-----			
157TB 128					5.728	(51/2-)	128
157TB 129					5.795	(51/2+)	129
157TB 130					6.218	(53/2+)	130
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157TB 131					6.582	(55/2+)	131

S-p	=	5.518	( 0.001)	-----		
S-n	=	8.744	( 0.004)	-----		
S-2p	=	13.524	( 0.002)	-----		
S-2n	=	15.656	( 0.010)	-----		
S-alpha	=	-0.179	( 0.002)	-----		

S+p	=	-6.932	( 0.003)
S+n	=	-6.778	( 0.002)
S+2p	=	-11.144	( 0.003)
S+2n	=	-14.911	( 0.001)
S+alpha	=	1.143	( 0.002)

gap p	=	-1.415	( 0.003)
gap n	=	1.966	( 0.004)
gap 2p	=	2.380	( 0.004)
gap 2n	=	0.745	( 0.010)
gap alpha	=	0.964	( 0.003)