

$^{160}\text{Tb}$        $Z = 65$        $N = 95$       adopted link      ENSDF link

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

BE = 1308.395 ( 0.001) MeV  
 Qbeta- = 1.836 ( 0.001) MeV  
 Qbeta+ = 0.105 ( 0.002) MeV

	Energy T	J+		J-		J-other		T1/2
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160TB	1			0.000	3-			1 72.3 D 2
160TB	2			0.064	1-			2 60 NS 5
160TB	3		0.064	4+				3 2 NS LE
160TB	4			0.079	4-			4
160TB	5						0.079 (0)-	5
160TB	6			0.106	2-			6
160TB	7		0.126	5+				7
160TB	8						0.133 (1)-	8
160TB	9		0.139	1+				9 5.7 NS 5
160TB	10						0.139 (2)-	10
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160TB	11			0.156	3-			11
160TB	12		0.168	2+				12
160TB	13						0.169	13
160TB	14			0.177	5-			14
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S-alpha=	0.179	( 0.004)						
160TB	15		0.200	3+				15
160TB	16		0.223	0+				16
160TB	17						0.233 (1)+	17
160TB	18			0.237	3-			18
160TB	19						0.244 (4-)	19
160TB	20						0.258 (4-)	20
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160TB	21		0.265	4+				21
160TB	22		0.269	2+				22
160TB	23						0.279 (4-)	23
160TB	24						0.305	24
160TB	25		0.318	3+				25
160TB	26						0.322 (5-)	26
160TB	27						0.355 (5-)	27
160TB	28		0.378	4+				28
160TB	29						0.381 (1-)	29
160TB	30						0.421 (2-)	30
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160TB	31		0.426	5+				31
160TB	32						0.474	32
160TB	33						0.478 (1+)	33
160TB	34						0.479 (1+,2+)	34
160TB	35						0.480 (3-)	35

160TB 36				0.484	1,2	36
160TB 37				0.504	(1+,2,3-)	37
160TB 38				0.508	(6+)	38
160TB 39				0.512		39
160TB 40		0.515	2-			40
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160TB 41				0.520	(2+)	41
160TB 42				0.523	(6-)	42
160TB 43				0.533	(1-,2,3-)	43
160TB 44				0.553	(2-,3+)	44
160TB 45				0.558	(4-)	45
160TB 46				0.572	(1)	46
160TB 47				0.572	(7-)	47
160TB 48				0.577		48
160TB 49				0.589	(1-,2)	49
160TB 50				0.593		50
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160TB 51				0.599		51
160TB 52				0.612		52
160TB 53				0.621		53
160TB 54				0.637		54
160TB 55				0.642		55
160TB 56				0.656	(8-)	56
160TB 57				0.660		57
160TB 58				0.665	(1+,2-)	58
160TB 59				0.678		59
160TB 60				0.684		60
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160TB 61				0.688		61
160TB 62				0.692		62
160TB 63				0.713		63
160TB 64				0.730		64
160TB 65				0.743		65
160TB 66				0.763		66
160TB 67				0.765		67
160TB 68				0.768		68
160TB 69				0.785		69
160TB 70				0.791		70
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160TB 71				0.798		71
160TB 72				0.814		72
160TB 73				0.823		73
160TB 74				0.834		74
160TB 75				0.846		75
160TB 76				0.851		76
160TB 77				0.859		77
160TB 78				0.863		78
160TB 79				0.880		79
160TB 80				0.888		80
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160TB 81			0.905	81
160TB 82			0.914	82
160TB 83			0.938	83
160TB 84			0.947	84
160TB 85			0.953	85
160TB 86			0.956	86
160TB 87			0.960	87
160TB 88			0.976	88
160TB 89			1.002	89
160TB 90			1.007	90
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160TB 91			1.022	91
160TB 92			1.028	92
160TB 93			1.039	93
160TB 94			1.052	94
160TB 95			1.056	95
160TB 96			1.060	96
160TB 97			1.068	97
160TB 98			1.075	98
160TB 99			1.081	99
160TB 100			1.086	100
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160TB 101			1.104	101
160TB 102			1.116	102
160TB 103			1.125	103
160TB 104			1.129	104
160TB 105			1.137	105
160TB 106			1.146	106
160TB 107			1.150	107
160TB 108			1.156	108
160TB 109			1.160	109
160TB 110			1.166	110
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160TB 111			1.171	111
160TB 112			1.175	112
160TB 113			1.184	113
160TB 114			1.191	114
160TB 115			1.198	115
160TB 116			1.252	116
160TB 117			1.280	117
160TB 118			1.294	118
160TB 119			1.346	119
160TB 120			1.397	120
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S-p = 6.564 ( 0.001)-----  
S-n = 6.375 ( 0.002)-----  
S-2p = 15.144 ( 0.002)-----  
S-2n = 14.508 ( 0.002)-----

S-alpha= 0.179 ( 0.004)-----

S+p = -7.508 ( 0.001)

S+n = -7.697 ( 0.002)

S+2p = -12.782 ( 0.003)

S+2n = -14.186 ( 0.002)

S+alpha = 0.431 ( 0.002)

gap p = -0.944 ( 0.002)

gap n = -1.321 ( 0.002)

gap 2p = 2.362 ( 0.004)

gap 2n = 0.323 ( 0.003)

gap alpha = 0.610 ( 0.004)