

$^{142}\text{Dy}$        $Z = 66$        $N = 76$       [link to full NNDC output](#)

Based on ENSDF from Dec 2018, and mass evaluation from 2016

BE      =      0.000 ( 0.000) MeV

	Energy	T	J+	J-	J-other	T1/2	
142DY	1		0.000	0+			1 2.3 S 3
142DY	2					0.316	(2+)
142DY	3					0.799	(4+)
142DY	4					1.387	(6+)
142DY	5					2.011	(8+)
142DY	6					2.639	
142DY	7					3.241	