^{143}Dy $Z = 66$ $N = 77$ adopted link ENSDF link

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

BE = 1154.733 (0.013) MeV
Qbeta+ = 8.250 (0.053) MeV

	Energy	T	J+	J-	J-other		T1/2		
S-alpha=	-3.077 (0.140)								
143DY 1				0.000	(1/2+)	1	5.6 S		10
143DY 2				0.067	(1/2+)	2			
143DY 3				0.251	(3/2-)	3			
143DY 4				0.311	(11/2-)	4	3.0 S		3
143DY 5				0.320		5			
143DY 6				0.406		6	1.2 US		3
143DY 7				0.433		7			
143DY 8				0.472	(7/2-)	8			
143DY 9				0.694	(11/2-)	9			
143DY 10				0.806	(15/2-)	10			
143DY 11				0.845	(11/2-)	11			
143DY 12				0.923		12			
143DY 13				1.011	(13/2-)	13			
143DY 14				1.044	(15/2-)	14			
143DY 15				1.410	(15/2-)	15			
143DY 16				1.498		16			
143DY 17				1.529	(19/2-)	17			
143DY 18				1.558	(17/2-)	18			
143DY 19				1.582	(19/2-)	19			
143DY 20				1.850	(19/2-)	20			
143DY 21				1.875	(17/2-)	21			
143DY 22				1.942	(19/2-)	22			
143DY 23				2.059	(19/2-)	23			
143DY 24				2.074	(19/2-)	24			
143DY 25				2.092	(13/2+)	25			
143DY 26				2.232	(23/2-)	26			
143DY 27				2.235	(21/2-)	27			
143DY 28				2.312	(23/2-)	28			
143DY 29				2.380	(23/2-)	29			
143DY 30				2.442	(23/2-)	30			
143DY 31				2.556	(23/2-)	31			
143DY 32				2.579	(17/2+)	32			
143DY 33				2.590	(21/2-)	33			
143DY 34				2.761	(23/2-)	34			
143DY 35				2.806	(21/2)	35			
143DY 36				2.874	(25/2-)	36			

S-p = 2.898 (0.701)					
143DY 37			2.916	(27/2-)	37
143DY 38			3.038	(25/2-)	38
143DY 39			3.104	(21/2+)	39
143DY 40			3.134	(27/2-)	40
143DY 41			3.163	(25/2)	41
143DY 42			3.176		42
143DY 43			3.202		43
143DY 44			3.248	(27/2-)	44
143DY 45			3.272		45
143DY 46			3.372	(27/2-)	46
143DY 47			3.441	(29/2-)	47
S-2p = 3.523 (0.024)					
143DY 48			3.588	(31/2-)	48
143DY 49			3.651	(29/2-)	49
143DY 50			3.666	(29/2-)	50
143DY 51			3.675	(25/2+)	51
143DY 52			3.677	(31/2-)	52
143DY 53			3.714	(29/2)	53
143DY 54			3.852	(31/2-)	54
143DY 55			3.909		55
143DY 56			4.040		56
143DY 57			4.060	(33/2-)	57
143DY 58			4.232	(35/2-)	58
143DY 59			4.312	(29/2+)	59
143DY 60			4.377		60
143DY 61			4.384	(35/2-)	61
143DY 62			4.388		62
143DY 63			4.436	(33/2)	63
143DY 64			4.466		64
143DY 65			4.655	(35/2-)	65
143DY 66			4.821	(31/2-)	66
143DY 67			4.860	(37/2-)	67
143DY 68			5.020	(33/2+)	68
143DY 69			5.231	(39/2-)	69
143DY 70			5.295	(37/2)	70
143DY 71			5.510	(39/2-)	71
143DY 72			5.583		72
143DY 73			5.793	(37/2+)	73
143DY 74			5.917		74
143DY 75			6.029		75
143DY 76			6.166		76
143DY 77			6.279	(43/2-)	77
143DY 78			6.629	(41/2+)	78
143DY 79			7.010	(47/2-)	79
143DY 80			7.527	(45/2+)	80

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143DY  81 |                 |                 |  7.903     (51/2-)         81
143DY  82 |                 |                 |  8.498     (49/2+)         82
143DY  83 |                 |                 |  0.000     (1/2+)          83

S-p    =   2.898 ( 0.701)----------------------------------------------------------------------
S-n    =  10.071 ( 0.710)----------------------------------------------------------------------
S-2p   =   3.523 ( 0.024)----------------------------------------------------------------------
S-2n   =  22.926 ( 0.282)----------------------------------------------------------------------
S-alpha=  -3.077 ( 0.140)----------------------------------------------------------------------

S+p       =   0.271 ( 0.016)
S+n       = -12.472 ( 0.015)
S+2p      =  -1.642 ( 0.146)
S+2n      = -22.216 ( 0.015)
S+alpha   =   3.136 ( 0.040)

gap p     =   3.169 ( 0.701)
gap n     =  -2.402 ( 0.710)
gap 2p    =   1.880 ( 0.147)
gap 2n    =   0.709 ( 0.283)
gap alpha =   0.059 ( 0.145)
```