

^{144}Dy $Z = 66$ $N = 78$ adopted link ENSDF link

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

BE = 1167.205 (0.007) MeV

Qbeta+ = 5.798 (0.029) MeV

	Energy T	J+	J-	J-other	T1/2

S-alpha=	-2.787	(0.029)	-----		
144DY 1	0.000	0+			1 9.1 S 4
144DY 2				0.493 (2+)	2
144DY 3				1.165 (4+)	3
144DY 4				1.917 (6+)	4
144DY 5				2.023	5
144DY 6				2.230	6
144DY 7				2.498	7
144DY 8				2.566 (8+)	8
144DY 9				2.817	9
144DY 10				3.117	10

144DY 11				3.175	11
S-p =	3.440	(0.052)	-----		
144DY 12				3.656	12
144DY 13				3.937	13
S-2p =	4.188	(0.029)	-----		
144DY 14				4.335	14
144DY 15				4.602	15

S-p =	3.440	(0.052)	-----		
S-n =	12.472	(0.015)	-----		
S-2p =	4.188	(0.029)	-----		
S-2n =	22.543	(0.710)	-----		
S-alpha=	-2.787	(0.029)	-----		

S+p =	0.161	(0.010)			
S+n =	-9.744	(0.010)			
S+2p =	-2.330	(0.010)			
S+2n =	-22.128	(0.010)			
S+alpha =	2.666	(0.013)			

gap p =	3.601	(0.053)			
gap n =	2.729	(0.018)			
gap 2p =	1.859	(0.030)			
gap 2n =	0.415	(0.710)			
gap alpha =	-0.121	(0.031)			