

$^{144}\text{Dy}$        $Z = 66$        $N = 78$       [link to full NNDC output](#)

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

BE = 1167.205 ( 0.007) MeV

Qbeta+ = 5.798 ( 0.029) MeV

	Energy T	J+	J-	J-other	T1/2
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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
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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
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S-p =	3.440	( 0.052)	-----		
S-n =	12.472	( 0.015)	-----		
S-2p =	4.188	( 0.029)	-----		
S-2n =	0.000	( 0.000)	-----		
S-alpha=	-2.787	( 0.029)	-----		
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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	( 0.012)			
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gap p =	3.601	( 0.053)			
gap n =	2.728	( 0.018)			
gap 2p =	1.858	( 0.031)			
gap 2n =	0.000	( 0.000)			
gap alpha =	-0.121	( 0.031)			