

^{145}Dy $Z = 66$ $N = 79$ adopted link ENSDF link

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

BE = 1176.949 (0.007) MeV

Qbeta+ = 8.157 (0.111) MeV

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

S-alpha=	-2.557 (0.021)				
145DY 1				0.000 (1/2+)	1 6 S 2
145DY 2				0.066 (3/2+)	2
145DY 3				0.118 (11/2-)	3 14.1 S 7
145DY 4				0.406 (5/2+)	4
145DY 5				0.431 (9/2-)	5
145DY 6				0.682 (15/2-)	6
145DY 7				0.740 (7/2-)	7
145DY 8				0.819 (13/2-)	8
145DY 9				1.142 (9/2-)	9
145DY 10				1.283	10

145DY 11				1.636 (19/2-)	11
145DY 12				1.640	12
145DY 13				2.744 (23/2-)	13

S-p = 3.163 (0.029)-----
 S-n = 9.744 (0.010)-----
 S-2p = 4.589 (0.200)-----
 S-2n = 22.216 (0.015)-----
 S-alpha= -2.557 (0.021)-----

S+p = -0.285 (0.009)
 S+n = -12.384 (0.009)
 S+2p = -2.943 (0.039)
 S+2n = -22.096 (0.011)
 S+alpha = 2.076 (0.029)

gap p = 2.879 (0.030)
 gap n = -2.640 (0.013)
 gap 2p = 1.646 (0.204)
 gap 2n = 0.120 (0.018)
 gap alpha = -0.481 (0.035)