^{160}Dy $Z = 66$ $N = 94$ adopted link ENSDF link

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

BE = 1309.448 (0.001) MeV

	Energy	T	J+		J-		J-other		T1/2
S-alpha= -0.438 (0.001)									
160DY 1	0.000		0+					1	STABLE
160DY 2	0.087		2+					2	2.02 NS 1
160DY 3	0.284		4+					3	104 PS 4
160DY 4	0.581		6+					4	18.6 PS 10
160DY 5						0.681	(0+)	5	
160DY 6						0.703	(0+)	6	
160DY 7	0.966		2+					7	1.31 PS 9
160DY 8	0.967		8+					8	3.8 PS 3
160DY 9	1.049		3+					9	
160DY 10	1.156		4+					10	
160DY 11				1.265	2-			11	10 PS LE
160DY 12	1.280		0+					12	
160DY 13				1.286	1-			13	
160DY 14				1.287	3-			14	0.22 PS 6
160DY 15	1.289		5+					15	
160DY 16	1.350		2+					16	1.20 PS 11
160DY 17				1.359	2-			17	2.70 NS 14
160DY 18				1.386	4-			18	
160DY 19				1.399	3-			19	
160DY 20				1.408	5-			20	
160DY 21	1.428		10+					21	1.56 PS 7
160DY 22	1.439		6+					22	
160DY 23	1.457		0+					23	
160DY 24				1.490	1-			24	6.8 FS 8
160DY 25	1.518		2+					25	
160DY 26	1.522		4+					26	
160DY 27				1.535	4-			27	
160DY 28						1.557	1+,2+	28	
160DY 29				1.587	5-			29	
160DY 30				1.594	6-			30	
160DY 31	1.604		4+					31	
160DY 32	1.607		6+					32	
160DY 33	1.608		4+					33	
160DY 34				1.614	7-			34	
160DY 35	1.617		7+					35	
160DY 36				1.643	3-			36	
160DY 37						1.651	4-,5-	37	

160DY	38					1.652	4+,5,6+	38	
160DY	39					1.654		39	
160DY	40					1.655	2+,3+,4+	40	
160DY	41					1.676		41	
160DY	42	1.694	4+					42	180 PS 35
160DY	43	1.708	0+					43	
160DY	44	1.720	6+					44	
160DY	45	1.757	2+					45	
160DY	46			1.785	4-			46	
160DY	47			1.788	6-			47	
160DY	48	1.800	8+					48	
160DY	49	1.802	5+					49	
160DY	50	1.805	1+					50	
160DY	51			1.860	5-			51	
160DY	52	1.870	2+					52	
160DY	53			1.882	8-			53	
160DY	54			1.898	7-			54	
160DY	55			1.901	9-			55	
160DY	56	1.903	3+					56	
160DY	57	1.929	6+					57	
160DY	58					1.932		58	
160DY	59	1.950	12+					59	0.89 PS 4
160DY	60	1.952	0+					60	
160DY	61					1.954	(6)-	61	
160DY	62					1.978	(8)+	62	
160DY	63					2.010	1-,2-	63	
160DY	64	2.013	2+					64	
160DY	65	2.022	9+					65	
160DY	66					2.044	(7-)	66	
160DY	67					2.046		67	
160DY	68					2.049	2+,3	68	
160DY	69			2.068	1-			69	
160DY	70	2.074	7+					70	
160DY	71			2.077	3-			71	
160DY	72					2.085	1+,2+	72	
160DY	73					2.089	1-,2-,3-	73	
160DY	74					2.091	2-,3-	74	
160DY	75	2.097	4+					75	
160DY	76			2.112	8-			76	
160DY	77					2.114		77	
160DY	78			2.126	3-			78	
160DY	79			2.131	3-			79	
160DY	80	2.138	2+					80	
160DY	81					2.140	(3)	81	
160DY	82					2.142	2+,3,4+	82	

160DY	83			2.144	4-			83
160DY	84					2.145		84
160DY	85					2.150	1,2	85
160DY	86					2.155		86
160DY	87					2.165		87
160DY	88					2.175		88
160DY	89					2.187	4+,5+,6+	89
160DY	90					2.191		90
160DY	91	2.194	5+					91
160DY	92					2.201	2+,3,4+	92
160DY	93	2.208	4+					93
160DY	94					2.209	(2)-	94
160DY	95					2.214		95
160DY	96	2.221	10+					96
160DY	97	2.231	2+					97
160DY	98			2.242	10-			98
160DY	99					2.245	2+,3,4+	99
160DY	100					2.256	1+,2+	100
160DY	101			2.264	9-			101
160DY	102			2.264	11-			102
160DY	103					2.265	(10+)	103
160DY	104			2.267	3-			104
160DY	105			2.271	2-			105
160DY	106					2.279		106
160DY	107			2.288	8-			107
160DY	108	2.297	2+					108
160DY	109					2.310	2+,3,4+	109
160DY	110					2.321		110
160DY	111					2.323	1+,2+	111
160DY	112					2.325	1+,2+	112
160DY	113	2.328	2+					113
160DY	114					2.347		114
160DY	115	2.355	2+					115
160DY	116					2.359		116
160DY	117					2.367	2+,3+,4+	117
160DY	118			2.372	6-			118
160DY	119					2.375		119
160DY	120					2.380		120
160DY	121			2.384	6-			121
160DY	122					2.387	2+,3+	122
160DY	123					2.394	2,3-	123
160DY	124					2.397	1,2	124
160DY	125					2.405		125
160DY	126					2.444		126
160DY	127			2.450	1-			127
160DY	128			2.470	3-			128

160DY 129						2.475	2+,3,4+	129	
160DY 130	2.486	11+						130	
160DY 131						2.504	1+,2+	131	
160DY 132	2.513	14+						132	0.62 PS +7-14
160DY 133						2.515		133	
160DY 134			2.520	10-				134	
160DY 135	2.524	3+						135	
160DY 136						2.553		136	
160DY 137						2.557	3-,4-,5-	137	
160DY 138						2.560	2+,3,4+	138	
160DY 139						2.572	3+,4+,5+	139	
160DY 140						2.574	1-,2-,3-	140	
160DY 141	2.577	3+ TO	9+					141	
160DY 142	2.594	12+						142	
160DY 143						2.603	1-,2-	143	
160DY 144						2.606	2+,3+,4+	144	
160DY 145	2.610	2+						145	
160DY 146						2.630	(1,2)+	146	
160DY 147			2.631	1-				147	
160DY 148						2.635		148	
160DY 149			2.646	3-				149	
160DY 150						2.647	(3)-	150	
160DY 151			2.662	2-				151	
160DY 152						2.666	2+,3+,4+	152	
160DY 153			2.666	12-				153	
160DY 154			2.675	1-				154	
160DY 155	2.682	5+						155	
160DY 156			2.696	11-				156	
160DY 157						2.696	2-,3-	157	
160DY 158			2.697	13-				158	
160DY 159	2.698	2+						159	
160DY 160			2.701	1-				160	
160DY 161						2.704	2-,3-	161	
160DY 162	2.708	12+						162	
160DY 163	2.717	2+						163	
160DY 164			2.719	2-				164	
160DY 165			2.721	3-				165	
160DY 166						2.727	(4)	166	
160DY 167			2.730	2-				167	
160DY 168			2.735	1-				168	
160DY 169						2.755		169	
160DY 170						2.756		170	
160DY 171						2.757		171	
160DY 172						2.760	1+,2+	172	
160DY 173						2.763		173	

160DY 174			2.768	1-			174	
160DY 175					2.772		175	
160DY 176					2.778	2+,3+,4+	176	
160DY 177	2.822	1+					177	3.1 FS 4
160DY 178					2.834	2,3,4	178	
160DY 179			2.852	1-			179	
160DY 180					2.854		180	
160DY 181					2.858		181	
160DY 182	2.861	1+					182	
160DY 183			2.877	1-			183	
160DY 184					2.879	2	184	
160DY 185					2.886		185	
160DY 186	2.896	2+					186	
160DY 187					2.904	2,3,4	187	
160DY 188					2.932		188	
160DY 189					2.942	4,5,6	189	
160DY 190					2.959		190	
160DY 191					2.969	1,2	191	
160DY 192					2.970		192	
160DY 193					2.978		193	
160DY 194			2.985	12-			194	
160DY 195	2.989	13+					195	
160DY 196					2.995	2,3,4	196	
160DY 197					3.004	1,2	197	
160DY 198	3.007	14+					198	
160DY 199					3.025	1,2	199	
160DY 200					3.034		200	
160DY 201					3.060		201	
160DY 202	3.062	1+					202	
160DY 203					3.081		203	
160DY 204	3.089	16+					204	
160DY 205	3.099	6+					205	
160DY 206					3.111		206	
160DY 207			3.148	14-			207	
160DY 208			3.188	13-			208	
160DY 209			3.193	15-			209	
160DY 210	3.220	14+					210	
160DY 211					3.452		211	
160DY 212					3.453		212	
160DY 213	3.508	15+					213	
160DY 214			3.511	14-			214	
160DY 215	3.527	16+					215	
160DY 216	3.670	18+					216	
160DY 217			3.681	16-			217	
160DY 218			3.731	15-			218	
160DY 219			3.745	17-			219	

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160DY 220 |  3.768     16+  |                |                              220
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160DY 221 |  4.044     17+  |                |                              221
160DY 222 |                 |   4.078     16- |                              222
160DY 223 |  4.161     18+  |                |                              223
160DY 224 |                 |   4.257     18- |                              224
160DY 225 |  4.278     20+  |                |                              225
160DY 226 |                 |   4.317     17- |                              226
160DY 227 |                 |   4.348     19- |                              227
160DY 228 |  4.350     18+  |                |                              228
160DY 229 |  4.618     19+  |                |                              229
160DY 230 |                 |   4.873     20- |                              230
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160DY 231 |  4.875     20+  |                |                              231
160DY 232 |  4.936     22+  |                |                              232
160DY 233 |                 |   4.937     19- |                              233
160DY 234 |  4.975     20+  |                |                              234
160DY 235 |                 |   5.002     21- |                              235
160DY 236 |  5.241     21+  |                |                              236
160DY 237 |                 |   5.528     22- |                              237
160DY 238 |  5.602     22+  |                |                              238
160DY 239 |  5.647     24+  |                |                              239
160DY 240 |                 |   5.705     23- |                              240
----------                                                                  ----------
160DY 241 |  5.917     23+  |                |                              241
160DY 242 |                 |   6.220     24- |                              242
160DY 243 |  6.412     26+  |                |                              243
160DY 244 |                 |   6.458     25- |                              244
160DY 245 |  6.643     25+  |                |                              245
160DY 246 |                 |   6.966     26- |                              246
160DY 247 |  7.230     28+  |                |                              247


S-p    =   7.429 ( 0.001)-------------------------------------------------------------------------
S-n    =   8.577 ( 0.002)-------------------------------------------------------------------------
S-2p   =  13.560 ( 0.001)-------------------------------------------------------------------------
S-2n   =  15.408 ( 0.002)-------------------------------------------------------------------------
S-alpha=  -0.438 ( 0.001)-------------------------------------------------------------------------

S+p       =  -4.813 ( 0.002)
S+n       =  -6.454 ( 0.001)
S+2p      = -11.240 ( 0.001)
S+2n      = -14.651 ( 0.001)
S+alpha   =   1.305 ( 0.001)

gap p     =   2.616 ( 0.003)
gap n     =   2.122 ( 0.002)
gap 2p    =   2.321 ( 0.002)
gap 2n    =   0.757 ( 0.003)
gap alpha =   0.867 ( 0.002)
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