

$^{144}\text{Er}$        $Z = 68$        $N = 76$       adopted link      ENSDF link

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

BE = 1145.664 (-0.144) MeV

Qbeta+ = 8.016 ( 0.144) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-3.752	(-0.444)	-----		
144ER	1   0.000	0+			1 200 NS GE
144ER	2   0.330	2+			2

S-p = 1.807 (-0.320)-----  
 S-n = 13.533 (-0.453)-----  
 S-2p = 1.002 (-0.724)-----  
 S-2n = 24.858 (-0.586)-----  
 S-alpha= -3.752 (-0.444)-----

S+p = 1.759 (-0.204)  
 S+n = -10.711 (-0.204)  
 S+2p = 0.000 (-0.000)  
 S+2n = -23.871 (-0.144)  
 S+alpha = 3.872 (-0.467)

gap p = 3.566 ( 0.380)  
 gap n = 2.822 ( 0.497)  
 gap 2p = 0.000 ( 0.000)  
 gap 2n = 0.987 ( 0.603)  
 gap alpha = 0.120 ( 0.644)