

^{145}Er $Z = 68$ $N = 77$ adopted link ENSDF link

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

BE = 1156.375 (-0.145) MeV

Qbeta+ = 9.887 (0.145) MeV

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

S-alpha=	-3.728	(-0.317)	-----		
145ER	1			0.000 (1/2+)	1
145ER	2			0.175 (3/2+)	2
145ER	3			0.253 (11/2-)	3 0.9 S 3
145ER	4			0.484 (13/2-)	4

S-p = 1.913 (-0.145)-----

S-n = 10.711 (-0.204)-----

S-2p = 1.642 (-0.146)-----

S-2n = 24.244 (-0.453)-----

S-alpha= -3.728 (-0.317)-----

S+p = 0.931 (-0.206)

S+n = -13.160 (-0.145)

S+2p = 0.000 (-0.000)

S+2n = -23.517 (-0.150)

S+alpha = 3.548 (-0.331)

gap p = 2.844 (0.252)

gap n = -2.449 (0.251)

gap 2p = 0.000 (0.000)

gap 2n = 0.727 (0.477)

gap alpha = -0.180 (0.459)