

^{146}Er $Z = 68$ $N = 78$ adopted link ENSDF link

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

BE = 1169.535 (0.007) MeV
Qbeta+ = 6.916 (0.009) MeV

	Energy	T	J+	J-	J-other	T1/2
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S-alpha=	-3.423 (0.710)-					
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146ER	1		0.000	0+		1 1.7 S 6
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S-p	=	2.491 (0.010)-				
S-n	=	13.160 (0.145)-				
S-2p	=	2.330 (0.010)-				
S-2n	=	23.871 (0.144)-				
S-alpha=	-3.423 (0.710)-					
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S+p	=	1.059 (0.010)				
S+n	=	-10.357 (0.039)				
S+2p	=	-0.553 (0.444)				
S+2n	=	-23.300 (0.012)				
S+alpha	=	3.081 (0.300)				
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gap p	=	3.550 (0.014)				
gap n	=	2.803 (0.150)				
gap 2p	=	1.777 (0.444)				
gap 2n	=	0.571 (0.145)				
gap alpha	=	-0.342 (0.771)				