

^{153}Er $Z = 68$ $N = 85$ adopted link ENSDF link

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

BE = 1242.179 (0.009) MeV

Qbeta+ = 4.545 (0.011) MeV

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

S-alpha=	-4.802	(0.013)	-----		
153ER 1				0.000 (7/2-)	1 37.1 S 2
153ER 2				0.266 (3/2-)	2
153ER 3				0.299 (9/2-)	3
153ER 4				0.766 (11/2-)	4
153ER 5				0.971 (13/2+)	5
153ER 6				1.012	6
153ER 7				1.111 (13/2-)	7
153ER 8				1.133	8
153ER 9				1.498 (15/2-)	9
153ER 10				1.699 (17/2-)	10

153ER 11				1.725 (17/2+)	11
153ER 12				1.731	12
153ER 13				2.039 (21/2-)	13
153ER 14				2.378 (21/2+)	14
153ER 15				2.752 (23/2-)	15
153ER 16				2.798 (27/2-)	16 373 NS 9
153ER 17				2.909 (25/2+)	17
153ER 18				2.949 (25/2-)	18
153ER 19				2.993 (29/2+)	19 10 NS AP
153ER 20				3.312 (27/2-)	20

153ER 21				3.378 (29/2-)	21
153ER 22				3.556 (31/2-)	22
153ER 23				3.652 (31/2+)	23
153ER 24				3.940 (33/2+)	24 10 NS AP
153ER 25				4.045 (33/2+)	25
153ER 26				4.124 (33/2-)	26

S-p	=	4.151	(0.016)	-----	
153ER 27				4.249 (33/2-)	27
153ER 28				4.337	28
153ER 29				4.543 (37/2-)	29
153ER 30				4.819 (37/2+)	30

153ER 31				4.827	31
153ER 32				4.845 (37/2+)	32
153ER 33				4.892 (37/2+)	33
153ER 34				5.248 (41/2-)	34 248 NS 32
153ER 35				5.980 (43/2)	35

S-2p	=	6.292	(0.010)	-----		
153ER	36				6.676		36
153ER	37				6.854	(47/2)	37
153ER	38				7.254		38
153ER	39				7.383		39
153ER	40				7.441		40

S-n	=	8.038	(0.013)	-----		
153ER	41				8.064		41
153ER	42				8.275		42
153ER	43				8.410		43

S-p	=	4.151	(0.016)	-----		
S-n	=	8.038	(0.013)	-----		
S-2p	=	6.292	(0.010)	-----		
S-2n	=	18.343	(0.019)	-----		
S-alpha	=	-4.802	(0.013)	-----		

S+p	=	-1.249	(0.017)			
S+n	=	-10.210	(0.011)			
S+2p	=	-4.614	(0.019)			
S+2n	=	-17.885	(0.011)			
S+alpha	=	4.622	(0.014)			

gap p	=	2.902	(0.023)			
gap n	=	-2.172	(0.017)			
gap 2p	=	1.678	(0.021)			
gap 2n	=	0.458	(0.022)			
gap alpha	=	-0.181	(0.019)			