^{154}Er $Z = 68$ $N = 86$ adopted link ENSDF link

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

BE = 1252.388 (0.005) MeV
Qbeta+ = 2.034 (0.010) MeV

	Energy	T	J+		J-		J-other		T1/2	
S-alpha=	-4.280 (0.007)									
154ER 1	0.000		0+					1	3.73 M	9
154ER 2	0.561		2+					2		
154ER 3	1.162		4+					3		
154ER 4	1.788		6+					4		
154ER 5				1.896	5-			5		
154ER 6	2.329		8+					6		
154ER 7				2.461	7-			7		
154ER 8	2.584		8+					8		
154ER 9				3.014	9-			9		
154ER 10	3.016		10+					10		
154ER 11				3.025	11-			11	39 NS	4
154ER 12	3.655		12+					12		
154ER 13				3.830	13-			13		
154ER 14	4.274		14+					14		
154ER 15				4.499	15-			15		
154ER 16						4.531	(15+)	16		
154ER 17	4.678		16+					17		
S-p =	4.882 (0.007)									
154ER 18				5.006	17-			18		
154ER 19	5.328		18+					19		
154ER 20				5.462	19-			20		
154ER 21	6.063		20+					21		
154ER 22						6.087	(20-)	22		
154ER 23				6.289	21-			23		
154ER 24						6.575	(21-)	24		
154ER 25	6.745		22+					25		
154ER 26				7.015	23-			26		
S-2p =	7.065 (0.007)									
154ER 27				7.334	25-			27		
154ER 28						8.009	(26)-	28		
154ER 29				8.106	27-			29		
154ER 30						8.310	(26+)	30		
154ER 31						8.658	(27+)	31		
154ER 32						8.669	(28)+	32		
154ER 33						9.294	(29+)	33		
154ER 34				9.475	29-			34		

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154ER  35 |                |                |   9.480     (29+)           35
154ER  36 |                |                |   9.589     (30)+           36
154ER  37 |                |                |   9.843     (30+)           37


S-p    =   4.882 ( 0.007)--------------------------------------------------------------------------
S-n    =  10.210 ( 0.011)--------------------------------------------------------------------------
S-2p   =   7.065 ( 0.007)--------------------------------------------------------------------------
S-2n   =  18.247 ( 0.010)--------------------------------------------------------------------------
S-alpha=  -4.280 ( 0.007)--------------------------------------------------------------------------

S+p       =  -1.310 ( 0.011)
S+n       =  -7.675 ( 0.008)
S+2p      =  -5.238 ( 0.011)
S+2n      = -17.749 ( 0.025)
S+alpha   =   4.171 ( 0.009)

gap p     =   3.572 ( 0.013)
gap n     =   2.534 ( 0.013)
gap 2p    =   1.827 ( 0.013)
gap 2n    =   0.498 ( 0.027)
gap alpha =  -0.109 ( 0.011)
```