

^{157}Er $Z = 68$ $N = 89$ adopted link ENSDF link

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

BE = 1277.411 (0.027) MeV

Qbeta+ = 3.419 (0.035) MeV

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

S-alpha=	-3.305	(0.027)	-----		
157ER 1			0.000	3/2-	1 18.65 M 10
157ER 2				0.010 -	2 6.8 NS 4
157ER 3				0.036 (-)	3 1.3 NS 1
157ER 4				0.110 1/2-,3/2-,5/2-	4 130 PS 15
157ER 5				0.155 (9/2+)	5 76 MS 6
157ER 6				0.206 -	6
157ER 7				0.242 1/2-,3/2-,5/2-	7
157ER 8				0.358 +	8
157ER 9				0.361 -	9
157ER 10				0.368 -	10

157ER 11				0.381 1/2+,3/2+,5/2+	11
157ER 12				0.401	12
157ER 13				0.455 1/2-,3/2-,5/2-	13
157ER 14				0.559	14
157ER 15				0.608	15
157ER 16				0.685 1/2+,3/2+,5/2+	16
157ER 17				0.689 +	17
157ER 18				0.753 +	18
157ER 19				0.800 -	19

S-p = 5.164 (0.047)-----
 S-n = 7.273 (0.036)-----
 S-2p = 8.836 (0.028)-----
 S-2n = 17.347 (0.027)-----
 S-alpha= -3.305 (0.027)-----

S+p = -2.578 (0.037)
 S+n = -9.961 (0.037)
 S+2p = -6.998 (0.032)
 S+2n = -17.290 (0.027)
 S+alpha = 3.155 (0.031)

gap p = 2.586 (0.059)
 gap n = -2.688 (0.051)
 gap 2p = 1.838 (0.043)
 gap 2n = 0.057 (0.038)
 gap alpha = -0.150 (0.041)