

$^{162}\text{Er}$        $Z = 68$        $N = 94$       [link to full NNDC output](#)

Based on ENSDF from Dec 2018, and mass evaluation from 2016

BE = 1320.688 ( 0.001) MeV

	Energy T	J+	J-	J-other	T1/2
-----					
S-alpha=	-1.648	( 0.003)	-----		
162ER 1	0.000	0+			1 STABLE
162ER 2	0.102	2+			2 1.29 NS 6
162ER 3	0.330	4+			3
162ER 4	0.667	6+			4
162ER 5	0.901	2+			5 1.25 PS 7
162ER 6	1.002	3+			6
162ER 7	1.087	0+			7
162ER 8	1.097	8+			8
162ER 9	1.128	4+			9
162ER 10	1.171	2+			10 1.2 PS 2
-----					
162ER 11	1.286	5+			11
162ER 12			1.352	1-	12
162ER 13			1.357	3-	13
162ER 14				1.369 (4+)	14
162ER 15				1.413 1,2+	15
162ER 16				1.420 (2-)	16
162ER 17	1.430	2+			17 0.43 PS 19
162ER 18	1.460	6+			18
162ER 19			1.469	5-	19
162ER 20	1.501	2+			20
-----					
162ER 21			1.506	1-	21
162ER 22				1.543 (4-)	22
162ER 23			1.573	2-	23
162ER 24				1.594 (1-)	24
162ER 25	1.603	10+			25
162ER 26			1.623	3-	26 0.31 NS GT
162ER 27	1.669	7+			27
162ER 28				1.682 7(-)	28
162ER 29	1.712	4+			29
162ER 30				1.730 (5-)	30
-----					
162ER 31				1.740	31
162ER 32				1.761 (6-)	32
162ER 33				1.805	33
162ER 34				1.857	34
162ER 35	1.865	2+			35
162ER 36	1.873	8+			36
162ER 37				1.910	37

162ER 38						1.931		38
162ER 39						1.955	(3-,4+)	39
162ER 40						1.975		40
-----								
162ER 41				1.986	9-			41
162ER 42						1.996		42
162ER 43						2.026	7	43
162ER 44						2.026		44
162ER 45						2.033		45
162ER 46						2.061	(1,2+)	46
162ER 47						2.062	(8-)	47
162ER 48						2.114	(0+)	48
162ER 49						2.122		49
162ER 50		2.134	9+					50
-----								
162ER 51		2.165	12+					51
162ER 52		2.192	2+					52
162ER 53						2.206		53
162ER 54						2.242		54
162ER 55						2.260		55
162ER 56						2.288	(3-,4+)	56
162ER 57						2.319		57
162ER 58						2.332		58
162ER 59		2.347	10+					59
162ER 60				2.368	11-			60
-----								
162ER 61						2.399		61
162ER 62						2.429	(10-)	62
162ER 63						2.450		63
162ER 64						2.520		64
162ER 65						2.553		65
162ER 66						2.567		66
162ER 67						2.598		67
162ER 68						2.604		68
162ER 69						2.618		69
162ER 70		2.656	11+					70
-----								
162ER 71						2.664		71
162ER 72		2.746	14+					72
162ER 73						2.752	(6)	73
162ER 74				2.818	13-			74
162ER 75						2.842	(12-)	75
162ER 76		2.911	12+					76
162ER 77						3.040		77
162ER 78		3.117	2+					78
162ER 79						3.133		79
162ER 80						3.180		80
-----								
162ER 81						3.268		81
162ER 82		3.292	16+					82

162ER 83				3.293		83
162ER 84				3.368		84
162ER 85				3.389		85
162ER 86				3.400		86
162ER 87				3.415		87
162ER 88				3.436		88
162ER 89				3.518	(2+)	89
162ER 90				3.676	2+,3-	90
-----						
162ER 91				3.690		91
162ER 92		3.847	18+			92
162ER 93		4.463	20+			93
S-p	=	6.426	( 0.002)	-----		
162ER 94				6.675	(25-)	94
162ER 95				6.742	(26+)	95
162ER 96				7.168	(26-)	96
162ER 97				7.516	(27-)	97
162ER 98				7.623	(28+)	98
162ER 99				8.014	(28-)	99
162ER 100				8.418	(29-)	100
-----						
162ER 101				8.551	(30+)	101
162ER 102				8.934	(30-)	102
S-n	=	9.204	( 0.009)	-----		
162ER 103				9.367	(31-)	103
162ER 104				9.508	(32+)	104
162ER 105				9.916	(32-)	105
162ER 106				10.302	(33-)	106
162ER 107				10.481	(34+)	107
162ER 108				10.898	(34-)	108
S-2p	=	11.240	( 0.001)	-----		
162ER 109				11.252	(35-)	109
162ER 110				11.470	(36+)	110
-----						
162ER 111				12.242	(37-)	111
162ER 112				12.490	(38+)	112
162ER 113				13.290	(39-)	113
162ER 114				13.553	(40+)	114
162ER 115				14.398	(41-)	115
162ER 116				14.664	(42+)	116
162ER 117				15.574	(43-)	117
162ER 118				15.832	(44+)	118
S-2n	=	16.413	( 0.024)	-----		
162ER 119				16.820	(45-)	119
162ER 120				17.063	(46+)	120
-----						
162ER 121				18.129	(47-)	121
162ER 122				18.358	(48+)	122
162ER 123				19.511	(49-)	123
162ER 124				19.721	(50+)	124

```
S-p    =  6.426 ( 0.002)-----  
S-n    =  9.204 ( 0.009)-----  
S-2p   = 11.240 ( 0.001)-----  
S-2n   = 16.413 ( 0.024)-----  
S-alpha= -1.648 ( 0.003)-----  
  
S+p    = -3.683 ( 0.006)  
S+n    = -6.905 ( 0.005)  
S+2p   = -9.261 ( 0.015)  
S+2n   = -15.751 ( 0.001)  
S+alpha =  2.314 ( 0.007)  
  
gap p   =  2.743 ( 0.006)  
gap n   =  2.299 ( 0.010)  
gap 2p  =  1.979 ( 0.015)  
gap 2n  =  0.662 ( 0.024)  
gap alpha =  0.666 ( 0.008)
```