

TAVOLA DEI NUCLEI ATOMICI isobari

configurazione dei livelli nucleari degli isobari con $A = 160$

$\frac{E_c(\text{MeV})}{E_s(\text{MeV})}$	Sa	$\frac{m_c}{m_s}$	n	1	2	3	4	5	6	7	$\frac{E_{\beta np}(\text{eV})}{\beta np - T_{1/2}}$
$\frac{1272.98}{-}$	Ce ₅₈ ¹⁶⁰	$\frac{159.97107}{-}$	58n	2+0	8+0	4+7	0+16	0+8	0+12	0+1	$\frac{9.850M}{\beta^-}$
$\frac{1282.83}{-}$	Pr ₅₉ ¹⁶⁰	$\frac{159.95966}{-}$	59n	2+0	8+0	6+6	0+16	1+10	0+9	0+1	$\frac{9.070M}{\beta^- 100ms}$
$\frac{1292.59}{1291.9}$	Nd ₆₀ ¹⁶⁰	$\frac{159.94834}{159.94909}$	60n	2+0	8+0	10+4	0+16	0+13	0+6	0+1	$\frac{5.700M}{\beta^- 300ms}$
$\frac{1296.87}{1296.8}$	Pm ₆₁ ¹⁶⁰	$\frac{159.94291}{159.94299}$	61n	2+0	8+0	10+4	0+16	1+13	1+5	1+0	$\frac{7.300M}{\beta^- 2s}$
$\frac{1303.21}{1303.3}$	Sm ₆₂ ¹⁶⁰	$\frac{159.93526}{159.93514}$	62n	2+0	8+0	14+2	0+16	0+15	1+3	1+0	$\frac{2.830M}{\beta^- 9.60s}$
$\frac{1305.56}{1305.5}$	Eu ₆₃ ¹⁶⁰	$\frac{159.93190}{159.93197}$	63n	2+0	8+0	18+0	0+16	0+15	1+3	0+0	$\frac{4.700M}{\beta^- 3.80s}$
$\frac{1308.84}{1309.3}$	Gd ₆₄ ¹⁶⁰	$\frac{159.92754}{159.927054}$	64n	2+0	8+0	18+0	2+14	1+18	1+0	0+0	$\frac{1.7301M}{\frac{2\beta^- 3.1 \cdot 10^{19} a}{21.86}}$
$\frac{1307.65}{1308.4}$	Tb ₆₅ ¹⁶⁰	$\frac{159.92797}{159.927168}$	65n	2+0	8+0	18+0	6+13	0+15	1+2	0+0	$\frac{1.8357M}{\beta^- 72.3d}$
$\frac{1310.01}{1309.5}$	Dy ₆₆ ¹⁶⁰	$\frac{159.92460}{159.925197}$	66n	2+0	8+0	18+0	8+12	1+15	1+1	0+0	$\frac{st}{2.329\%}$
$\frac{1305.59}{1305.4}$	Ho ₆₇ ¹⁶⁰	$\frac{159.92851}{159.928729}$	67n	2+0	8+0	18+0	12+10	0+14	1+2	0+0	$\frac{3.290M}{ce 25.6m}$
$\frac{1304.21}{1304.3}$	Er ₆₈ ¹⁶⁰	$\frac{159.92915}{159.929083}$	68n	2+0	8+0	18+0	14+9	1+13	1+2	0+0	$\frac{320.0K}{ce 28.58h}$
$\frac{1297.25}{1297.7}$	Tm ₆₉ ¹⁶⁰	$\frac{159.93578}{159.93526}$	69n	2+0	8+0	18+0	18+7	0+12	1+2	0+1	$\frac{5.760M}{ce 9.40m}$
$\frac{1294.71}{1294.8}$	Yb ₇₀ ¹⁶⁰	$\frac{159.93767}{159.937552}$	70n	2+0	8+0	18+0	20+6	0+11	1+3	1+0	$\frac{2.140M}{ce 4.80m}$
$\frac{1286.53}{1286.1}$	Lu ₇₁ ¹⁶⁰	$\frac{159.94561}{159.94603}$	71n	2+0	8+0	18+0	24+4	0+9	1+4	0+1	$\frac{7.890M}{ce 36.1s}$
$\frac{1280.78}{1281.0}$	Hf ₇₂ ¹⁶⁰	$\frac{159.95094}{159.950684}$	72n	2+0	8+0	18+0	26+3	1+7	1+5	0+1	$\frac{4.330M}{ce 13.6s}$
$\frac{1269.65}{1270.2}$	Ta ₇₃ ¹⁶⁰	$\frac{159.96205}{159.96149}$	73n	2+0	8+0	18+0	30+1	1+4	0+8	0+1	$\frac{10.00M}{ce 1.55s}$
$\frac{1262.95}{1262.9}$	W ₇₄ ¹⁶⁰	$\frac{159.96840}{159.96848}$	74n	2+0	8+0	18+0	31+0	2+3	0+9	1+0	$\frac{6.510M}{\alpha 91.0ms}$
$\frac{1249.77}{1249.4}$	Re ₇₅ ¹⁶⁰	$\frac{159.98171}{159.98212}$	75n	2+0	8+0	18+0	30+0	4+0	2+10	1+0	$\frac{1.79174M}{p 0.82ms}$