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TABLE OF NUCLEAR MAGNETIC MOMENTS

This is a table of nuclear magnetic moments for $0 \leq Z \leq 83$ nuclei reported in the literature up to 1986. It doesn't pretend to be an exhaustive compilation work, but a useful list obtained as an updated version from the **Table of Nuclear Moments** of Lederer and Shirley (1978) and a research work at the **Physics Abstracts** journal.

The list has been done as a first step of a deeper research work; in this sense, data will be more carefully checked and updated in the next future. This is only a preliminary working version, so that any suggestion or data useful to complete, correct or update the table will be welcome.

For those data appearing in the Lederer's table more than once, that with the smallest relative error has been chosen. No correction has been made to the values obtained from life-time dependent methods in the case of later remeasurements.

In the cases of levels which life-times are reported in the P. M. Endt **Nucl. Data Tables 23[79]** and **26[81]** compilations, the value of the life-time has been taken from this reference, instead of the values reported in the publications. In column headed "Note", it is also shown the multipolarity of the decay transitions of these excited levels. For stable even-even nuclei it is shown the isotopic ratio of the isotope referred to the first 2^+ level.

Data subsequent to 1977 are reported as they appear in the original literature, with the addition of proper notes in capital letters.

As long as possible, we tried to keep the same conventions of symbols, notes, references and measurement methods as in the Lederer's table. There have been added two columns with g-factors and relative errors of the measurements. The code #ERROR! sometimes appearing as relative error of the g-factor just indicates that it was not possible to calculate it; the value 0% appears when the relative error is less than 1%.

Also for the **notes**, we kept the same lower case nomenclature, and we added a new case referring to some specific feature of the data, as explained in the following.

Measurement methods are indicated with the same symbols of the quoted table, with the addition of the new code **TIFO**, standing for the **Tilted Multifoil Method**.

References are given in the "journal volume page(year)" form as in Lederer's compilation.

We are greatly indebted to D. Bazzacco, F. Brandolini and K. Loewenich for suggestions and help in the preparation of this work.

Notes

- E=En res.** Neutron resonance energy.
- $\approx, ()$ Approximated or not exactly known value.
- R = a:b** Measured ratio between the reference g-value and the investigated one.
- a÷b** Mean value between $I = a$ and $I = b$
- E** Energy not quoted.
- T** Half-life not quoted.
- $\Delta\mu$ $\Delta\mu$ not quoted.
- a** Reported as published by the original authors. Corrections, were not made because the authors made their own correction analysis (often including other effects).
- b** Lifetime dependent value recalculated for consistency with the listed half-life.
- c** Lifetime dependent value not necessarily consistent with the listed half-life. (Adequate information was not reported).
- d** Subject to a hyperfine anomaly correction.
- e** Calculated with the use of a hyperfine structure ratio and the magnetic moment value of the listed standard. No additional error allowance made for hyperfine structure anomaly effects.
- f** Calculated with the use of a moment ratio and the magnetic moment value of the listed standard.
- g** Calculated from a reported value of g_I and the values of the Bohr and nuclear magnetons in JPCR 2 663 (73).
- h** Does not include a Knight-shift or diamagnetic correction.
- i** Recalculated for consistency with the listed standard.
- j** $\mu/Q > 0$ (Signs of μ and Q are the same).
- k** $\mu/Q < 0$ (Signs of μ and Q are different).
- l** Includes estimated Knight-shift correction.
- m** g-factors for ground state band are approximately constant for levels with spins up to and including $I=8$.
- n** No experimental details available.
- p** Average value for "prerrotational" states above listed energy. Half-life value is an approximate estimate based on theory.
- q** Recalculated for consistency with the listed (newly reported) spin value.
- v** More than one different value obtained because of differing experimental conditions.

Measurement methods

| | |
|--------------|---|
| AB | Atomic beam magnetic resonance (hyperfine structure). |
| AB/D | Atomic beam magnetic resonance (direct moment determination). |
| CEAD | Integral perturbed angular distribution of γ rays following Coulomb excitation. |
| CETD | Time differential perturbed angular distribution of γ rays following Coulomb excitation. |
| DPAC | Differential perturbed angular correlations. |
| DPAD | Differential perturbed angular distributions. |
| ENDOR | Electron-nuclear double resonance. |
| EPR | Electron paramagnetic resonance. |
| FDPAC | Differential perturbed angular correlation (using aligned fission fragments). |
| IMPAC | Ion implantation perturbed angular correlations. |
| IPAC | Integral perturbed angular correlations. |
| IPAD | Integral perturbed angular distribution of γ rays following nuclear reactions. |
| MA | Microwave absorption in gases. |
| MB | Molecular (or diamagnetic atomic) beam magnetic resonance. |
| ME | Mössbauer effect. |
| MH | Meson hyperfine structure. |
| M/N | Maser/nuclear magnetic resonance frequency comparison. |
| N | Nuclear magnetic resonance. |
| N/ME | Mössbauer-effect detection of nuclear magnetic resonance. |
| NO/D | Dynamic nuclear orientation. |
| NO/S | Static (low-temperature) nuclear orientation. |
| N/OP | Free-atom nuclear magnetic resonance observation via resonant charge exchange with optical pumped ions. |
| N/RD | Radiative detection of nuclear magnetic resonance. |

References

- AKFM Akad. Fund. Math. (USSR)
 AnP Ann. Phys. Paris
 APHu Acta Phys. Acad. Sci. Hung.
 APPo Acta Phys. Pol.
 ArkF Ark. Fys. (superseeded by Phys. Scr.)
 AR69 HIMI Hahn-Meitner-Inst. für Kernforschung, Berlin Annual Report (1969)
 AR71 HIMI Hahn-Meitner-Inst. für Kernforschung, Berlin Annual Report (1971)
 BAPS Bull. Am. Phys. Soc., Ser. II
 CERN- European Council for Nuclear Research, Geneva, Report
 Cf67 HypSt Proc. Internatl. Conf. Hyperfine Structure and Nuclear Radiations, Asilomar, Pacific Grove, Calif. (1967); Ed: E. Matthias and D.A. Shirley, North-Holland Publ. Co., Amsterdam (1968)
 Cf67Kampura Proc. 11th Nucl. Phys. and Solid State Phys. Symp., Pt. A, Nucl. Phys., Kanpur (1967); published by Dept. of Atomic Energy, Bombay 1967
 Cf69 Heildlb Proc. Internatl. Conf. Nucl. Reactions Induced by Heavy Ions, Heidelberg (1969); Ed.: R. Bock and W. R. Hering, North-Holland Publ. Co., Amsterdam (1970)
 Cf69 MntrlC Contributions to Internatl. Conf. Properties of Nuclear States, Montreal (1969); Ed: M. Harvey, R. Y. Cusson, J.S. Geiger, and J.M. Pearson, Univ. of Montreal Press (1969)
 Cf70 Delft Proc. Internatl. Conf. Angular Correlations in Nuclear Disintegration, Delft (1970); Ed: H. van Krugten and B. van Nooljen, Rotterdam Univ. Press, Wolters-Noordhoff Publ., Groningen (1971)
 Cf70 HypInt Proc. Internatl. Conf. Hyperfine Interactions in Excited Nuclei, Rehovot (1970); Ed: G. Goldring and R. Kalish, Gordon and Breach Science Publ., New York, London, Paris (1971)
 Cf72 Kiev1 Proc. 22nd Annual Conf. Nucl. Spectroscopy and Structure of Atomic Nuclei, Pt. 1, Kiev (1972)
 Cf73 Munich1 Proc. Internatl. Conf. Nuclear Physics Vol 1 Munich (1973); Ed:

- IzUz Izv. Akad. Nauk Uzb. SSR, Ser. Fiz.-Mat. Nauk
 JCP J. Chem. Phys.
 JOSA J. Opt. Soc. Amer.
 JPAL J. Phys., A (London) (supersedes in part Proc. Phys. Soc. (London))
 JPBL J. Phys., B (London) (supersedes in part Proc. Phys. Soc. (London))
 JPCL J. Phys., C (London) (supersedes in part Proc. Phys. Soc. (London))
 JPCo J. Phys. (Paris), Colloq.
 JPCR J. Phys. Chem. Ref. Data
 JPGL J. Phys., G (London) (supersedes in part Proc. Phys. Soc. (London))
 JPJa J. Phys. Soc. Jap.
 JPJS J. Phys. Soc. Jap., Suppl.
 JPPa J. Phys. (Paris) (name changed from J. Phys. Radium, 1963)
 NIM Nucl. Instrum. Methods (name changed from Nucl. Instrum. as of volume 4, 1959)
 NP Nuclear Physics
 Nuoc Nuovo Cimento
 Nuol Lett. Nuovo Cimento
 ORNL- Oak Ridge National Lab., Oak Ridge, Tenn., Report
 PCan Phys. Can.
 PC74 Berant Z. Berant, et al., data quoted in post-deadline paper for Cf74 Uppsala 1974
 PC74 Ekstrm C. Ekstrm, private communication (June, 1974) (summary of results of atomic-beam groups at Goteborg and Uppsala)
 PC75 Bloch D. Bloch, private communication (Apr., 1975)
 PC77 Kalshv A.W.B. Kalshoven, T.J. Ketel, W.H.A. Hesselink, J. Ludziejewski, J.J. van Ruyven, and H. Verheul, private communication (June, 1977)
 Phca Physica
 Phil Phil. Mag.
 PL Phys. Lett.
 PPSL Proc. Phys. Soc. (London) (superseded by J. Phys., A, B, C (London))
 PR Phys. Rev.
 Pram Pramana (India)
 PRL Phys. Rev. Lett.
 PRSL Proc. Roy. Soc. (London), Ser. A

| | EI | Z | A | E (keV) | T(1/2) | ΔT | U | Spln | εμ | Moment μ | Δμ | g | Δg % | Ref. | Method | Reference | Note |
|----|----|----|----|---------|--------|----|----|------|-----|------------|----|-------|---------|-----------|---------|-------------------|----------------------------|
| 1 | n | 0 | 1 | | 10.6 | | m | 1/2 | - | 1.91304211 | 88 | 3.826 | 0% | | N | PL 71B 297[77] | a |
| 2 | H | 1 | 1 | | | | | 1/2 | + | 2.7928456 | 11 | 5.586 | 0% | | M/N | PRL 35 1619[75] | |
| 3 | H | 1 | 2 | | | | | 1 | + | 0.8574376 | 4 | 0.857 | 0% | [H1] | N | JPCR 5 835[76] | |
| 4 | H | 1 | 3 | | 12.33 | | y | 1/2 | + | 2.978960 | 1 | 5.958 | 0% | [H1] | N | PR 115 1012[59] | |
| 5 | He | 2 | 3 | | | | | 1/2 | - | 2.127624 | 1 | 4.255 | 0% | [H1] | N | PR 185 1251[69] | a,1 |
| 6 | He | 2 | 4 | 22,100 | | | | 2- | | | | 0.000 | #ERROR! | | | | 99.99986% |
| 7 | Li | 3 | 6 | | | | | 1 | + | 0.8220467 | 6 | 0.822 | 0% | [H2] | AB/D | ZP 270 173[74] | |
| 8 | Li | 3 | 7 | | | | | 3/2 | + | 3.256424 | 2 | 2.171 | 0% | | AB/D | ZP 270 173[74] | g |
| 9 | Li | 3 | 8 | 0.84 | | | s | 2 | | 1.65335 | 35 | 0.827 | 0% | | N/RD | PR C7 1277[73] | a |
| 10 | Li | 3 | 9 | 176.3 | | 4 | ms | 3/2- | | 3.4391 | 6 | 2.293 | 0% | | NO/S | PR C28 862 (83) | |
| 11 | Be | 4 | 9 | | 0.769 | | s | 2 | | 1.0355 | 3 | 0.518 | 0% | | N/O/P | PL 56A 446[76] | |
| 12 | B | 5 | 8 | | | | | 3/2 | - | 1.778 | 9 | 1.185 | 1% | | N/RD | JPJS 34 156[73] | h |
| 13 | B | 5 | 10 | | | | | 3 | + | 1.80065 | 1 | 0.600 | 0% | [B11] | N,MB | CJP 36 632[58] | |
| 14 | B | 5 | 10 | 718 | 0.69 | | ns | 1 | + | 0.63 | 12 | 0.630 | 19% | | IPAC | NP A182 359[72] | |
| 15 | B | 5 | 11 | | | | | 3/2 | + | 2.688637 | 2 | 1.792 | 0% | [H1] | N,MB | PPSL 86 53[65] | |
| 16 | B | 5 | 12 | 20.4 | | | ms | 1 | + | 1.00306 | 15 | 1.003 | 0% | | N/RD | PR C5 1435[72] | I, Δμ = +15, -14 |
| 17 | B | 5 | 13 | 17.4 | | | ms | 3/2 | + | 3.17778 | 51 | 2.119 | 0% | | N/RD | PR C3 2149[71] | i |
| 18 | C | 6 | 11 | 20,38 | | | m | 3/2 | - | 0.964 | 1 | 0.643 | 0% | [C13] | AB,R | ZP 236 337[70] | |
| 19 | C | 6 | 12 | 4,439 | 42 | 2 | fs | 2+ | | | | 0.000 | #ERROR! | | | | 98.89%, E2 |
| 20 | C | 6 | 13 | | | | | 1/2 | + | 0.702411 | 1 | 1.405 | 0% | [H1] | N | PR 96 543[54] | |
| 21 | C | 6 | 13 | 3,854 | 8.8 | 6 | ps | 5/2+ | | 1.395 | 37 | 0.558 | 3% | | RIGV | NP A359 442[81] | E1, M2 |
| 22 | C | 6 | 14 | 6,728 | 67 | 10 | ps | 3- | | 0.816 | 21 | 0.272 | 3% | | RIV/D | PR C9 1748[74] | E2, E3 |
| 23 | C | 6 | 15 | 740 | 2.61 | 7 | ns | 5/2 | (-) | 1.76 | 3 | 0.704 | 2% | | RIGV | JPGL 6 251[80] | |
| 24 | N | 7 | 12 | | 11 | | ms | 1 | + | 0.4573 | 5 | 0.457 | 0% | | N/RD | JPJa 25 1258[68] | |
| 25 | N | 7 | 13 | | 9.96 | | m | 1/2 | | 0.32224 | 35 | 0.644 | 0% | [N14] | AB | PR 136 827[64] | i |
| 26 | N | 7 | 14 | | | | | 1 | + | 0.4037607 | 2 | 0.404 | 0% | [H1] | N | JPJR 5 835[76] | |
| 27 | N | 7 | 14 | 5,106 | 8.6 | 10 | ps | 2- | | 1.32 | 8 | 0.660 | 6% | | RIV/D | JPGL 4 1593[78] | M2 |
| 28 | N | 7 | 14 | 5,832 | 12.5 | 14 | ps | 3- | = | 2 | | 0.667 | 100% | | RIGV | JPJS 34 185[73] | E3, M1, M2, 1.5 < μ < 2.55 |
| 29 | N | 7 | 15 | | | | | 1/2 | - | 0.2831892 | 3 | 0.566 | 0% | [N14] | N | PR 116 87[59] | |
| 30 | N | 7 | 15 | 5,270 | 1.8 | 2 | ps | 5/2+ | (+) | 2.35 | 17 | 0.940 | 7% | | RIV/D | JPGL 9 1407[83] | M2 |
| 31 | N | 7 | 16 | 397 | 3.8 | 4 | ps | 1- | - | 1.82 | 14 | 1.820 | 8% | | IMPAC,R | PR C11 1976[75] | M1 |
| 32 | O | 8 | 15 | | 122 | | s | 1/2 | | 0.7189 | 8 | 1.438 | 0% | [O17] | AB | PR 131 700[63] | |
| 33 | O | 8 | 15 | 5,241 | 2.2 | | ps | 5/2+ | | 0.65 | | 0.260 | 0% | | RIGV | Hypl 4 181[78] | |
| 34 | O | 8 | 15 | 5,241 | 2.49 | 24 | ps | 5/2+ | g> | 0 | | 0.000 | #ERROR! | | IMPAC | JPGL 9 1407[83] | |
| 35 | O | 8 | 16 | 6,129 | 18.4 | 5 | ps | 3- | | 1.668 | 12 | 0.556 | 1% | | RIGV | JPGL 10 1079[84] | E3 |
| 36 | O | 8 | 16 | 6,130 | 18.4 | 5 | ps | 3- | + | 1.65 | 9 | 0.550 | 5% | | RIV/D | NP A276 339[77] | 99.76%, E3 |
| 37 | O | 8 | 17 | | | | | 5/2 | - | 1.89379 | 9 | 0.758 | 0% | [H2] | N | PR 81 1067[51] | |
| 38 | O | 8 | 18 | 1,982 | 2.02 | 9 | ps | 2+ | | 0.574 | 30 | 0.287 | 5% | | RIV/D | JPGL 2 477[76] | 0.2%, E2 |
| 39 | O | 8 | 18 | 3,555 | 17.2 | 8 | ps | 4+ | | 2.48 | 40 | 0.620 | 16% | [O16] | RIGV | NP A235 410[74] | E2 |
| 40 | O | 8 | 19 | 96 | 1.39 | 5 | ns | 3/2+ | - | 0.72 | 9 | 0.480 | 13% | | IPAD | NP A262 214[76] | M1 |
| 41 | O | 8 | 20 | 1,674 | 9.8 | 6 | ps | 2 | (-) | 0.812 | 45 | 0.406 | 6% | | RIV/D | NP A344 294[80] | |
| 42 | F | 9 | 17 | | 64.5 | | s | 5/2 | + | 4.7223 | 12 | 1.889 | 0% | | N/RD | JPJa 21 213[66] | |
| 43 | F | 9 | 18 | 937 | 47.3 | 21 | ps | 3 | + | 1.62 | 18 | 0.540 | 11% | | IMPAC | JPJS 50 2804[81] | |
| 44 | F | 9 | 18 | 1,119 | 151 | 5 | ns | 5+ | + | 2.86 | 3 | 0.572 | 1% | | DPAD | PL 24B 457[67] | E2 |
| 45 | F | 9 | 19 | | | | | 1/2 | + | 2.628866 | 8 | 5.258 | 0% | [H1] | N | PR 133A 1533[64] | |
| 46 | F | 9 | 19 | 197 | 89.3 | 10 | ns | 5/2+ | + | 3.607 | 8 | 1.443 | 0% | | DPAD | NIM 67 169[69] | E2 |
| 47 | F | 9 | 19 | 1,346 | 3.33 | 35 | ps | 5/2- | + | 0.67 | 11 | 0.268 | 16% | | RIV/D | JPGL 9 293[83] | M1 |
| 48 | F | 9 | 20 | | 11 | | s | 2 | | 2.0935 | 9 | 1.047 | 0% | | N/RD | YadF 6 657[67] | |
| 49 | Ne | 10 | 19 | | 17.3 | | s | 1/2 | - | 1.887 | 1 | 3.774 | 0% | | NO/D | PR 10 347[63] | |
| 50 | Ne | 10 | 19 | 238 | 18.02 | 55 | ns | 5/2+ | - | 0.740 | 8 | 0.296 | 1% | [F19] | DPAD | NP A123 65[69] | E2 |
| 51 | Ne | 10 | 20 | 1,634 | 0.83 | 10 | ps | 2 | + | 1.08 | 8 | 0.540 | 7% | | IMPAC | NP A378 130[82] | 90.5% |
| 52 | Ne | 10 | 20 | 4,247 | 64 | 6 | ps | 4 | + | 0.32 | 80 | 0.080 | 250% | | IMPAC | NP A378 130[82] | |
| 53 | Ne | 10 | 21 | | | | | 3/2 | - | 0.661796 | 5 | 0.441 | 0% | [H2] | MB | PR 107 1202[57] | |
| 54 | Ne | 10 | 21 | 351 | 9 | 1 | ps | 5/2 | | 0.70 | 7 | 0.280 | 10% | | RIV/D | PR C16 679[77] | |
| 55 | Ne | 10 | 22 | 1,275 | 3.67 | 14 | ps | 2+ | + | 0.652 | 24 | 0.326 | 4% | | RIV/D | NP A275 237[77] | 9%, E2 |
| 56 | Ne | 10 | 22 | 3,357 | 224 | 4 | fs | 4+ | + | 2.2 | 6 | 0.550 | 27% | [Ne22,2+] | IMPAC | PR C29 1163[84] | E2 |
| 57 | Ne | 10 | 23 | | 37.6 | | s | 5/2 | - | 1.08 | 1 | 0.432 | 1% | | AB | BAPS 13 173[68] | |
| 58 | Na | 11 | 20 | | 0.446 | | s | 2 | + | 0.3694 | 2 | 0.185 | 0% | [Na23] | OP/RD | NP A246 187[75] | |
| 59 | Na | 11 | 21 | | 22.47 | | s | 3/2 | + | 2.38629 | 10 | 1.591 | 0% | [Na23] | AB | PR 137 8157[65] | i |
| 60 | Na | 11 | 21 | 332 | 7.08 | 8 | ps | 5/2 | + | 3.7 | 3 | 1.480 | 8% | | RIV/D | PR C16 679[77] | |
| 61 | Na | 11 | 22 | | 2.602 | | y | 3 | + | 1.746 | 3 | 0.582 | 0% | [Na23] | AB | PR 76 1068[49] | i |
| 62 | Na | 11 | 22 | 583 | 244 | 6 | ns | 1+ | + | 0.535 | 10 | 0.535 | 2% | | DPAD | PR 151 910[66] | E2 |
| 63 | Na | 11 | 22 | 2,212 | 14.9 | 3 | ps | 1- | | 0.36 | 7 | 0.360 | 19% | | RIV/D | PR C13 895[76] | E1, M2 |
| 64 | Na | 11 | 23 | | | | | 3/2 | + | 2.217654 | 1 | 1.478 | 0% | [H1] | N | JPCR 5 835[76] | g |
| 65 | Na | 11 | 24 | | 15.02 | | h | 4 | + | 1.6903 | 8 | 0.423 | 0% | | AB/D | BAPS 18 727[73] | |
| 66 | Na | 11 | 24 | 472 | 20.03 | 14 | ms | 1+ | | 1.93 | 3 | 1.930 | 2% | | N/RD | PL 94B 28[80] | n, M3 |
| 67 | Na | 11 | 25 | | 60 | | s | 5/2 | + | 3.683 | 4 | 1.473 | 0% | | OP/RD | ZP A279 15[75] | |
| 68 | Mg | 12 | 24 | 1,369 | 1.37 | 3 | ps | 2+ | | 1.02 | 4 | 0.510 | 4% | | RIV/D | NP A248 291[75] | 79%, E2 |
| 69 | Mg | 12 | 24 | 4,123 | 28 | 3 | fs | 4 | + | 1.6 | 12 | 0.400 | 75% | [Mg24] | IMPAC | NP A403 421[83] | |
| 70 | Mg | 12 | 24 | 4,238 | 73 | 7 | fs | 2 | + | 1.2 | 4 | 0.600 | 33% | [Mg24] | IMPAC | NP A403 421[83] | |
| 71 | Mg | 12 | 25 | | | | | 5/2 | - | 0.85545 | 8 | 0.342 | 0% | [N14] | N | PR 82 105[51] | |
| 72 | Mg | 12 | 26 | 1,809 | 48 | 2 | fs | 2 | + | 1.00 | 26 | 0.500 | 26% | | IMPAC | PL 102B 6[81] | 11% |
| 73 | Al | 13 | 25 | | 7.18 | | s | 5/2 | | 3.6455 | 12 | 1.458 | 0% | | N/RD | PR C14 376[76] | |
| 74 | Al | 13 | 26 | 417 | 1.25 | 3 | ns | 3+ | + | 1.95 | 45 | 0.650 | 23% | | IPAD | JPJa 40 307[76] | I, E2 |
| 75 | Al | 13 | 27 | | | | | 5/2 | + | 3.641504 | 2 | 1.457 | 0% | [H2] | N | ZNat 23a 1413[68] | |
| 76 | Al | 13 | 28 | | 136 | | s | 3 | + | 3.242 | 5 | 1.081 | 0% | | NO/S | PL 106B 38[81] | |
| 77 | Al | 13 | 28 | | 2.24 | | m | 3 | | 2.791 | 1 | 0.930 | 0% | | N/RD | ZP 252 242[72] | |
| 78 | Al | 13 | 28 | 31 | 2.08 | 5 | ns | 2+ | + | 4.27 | 40 | 2.135 | 9% | | IPAC | PR C6 878[72] | M1 |
| 79 | Si | 14 | 27 | | 4.1 | | s | 5/2+ | | 0.8554 | 4 | 0.342 | 0% | | NO/S | PR C30 1328[84] | |
| 80 | Si | 14 | 28 | 1,779 | 485 | 14 | fs | 2+ | + | 1.12 | 18 | 0.560 | 16% | | IMPAC | NP A244 1[75] | 92%, E2 |
| 81 | Si | 14 | 29 | | | | | 1/2 | - | 0.55529 | 3 | 1.111 | 0% | [H2] | N | PR 89 923[53] | |
| 82 | Si | 14 | 30 | 2,235 | 249 | 14 | fs | 2+ | + | 0.76 | 18 | 0.380 | 24% | | IMPAC | NP A244 1[75] | 3%, E2 |
| 83 | P | 15 | 29 | | 4.1 | | s | 1/2 | | 1.2349 | 3 | 2.470 | 0% | | N/RD | C170 Hyplnt 325 | |
| 84 | P | 15 | 31 | | | | | 1/2 | + | 1.13160 | 30 | 2.263 | 0% | [Na23] | N | ORN1-1775[54] | f |
| 85 | P | 15 | 31 | 1,266 | 52 | 3 | fs | 3/2 | + | 0.30 | 7 | 0.200 | 23% | | IMPAC | NP A379 22[82] | |
| 86 | P | 15 | 31 | 2,234 | 250 | 9 | fs | 5/2 | + | 2.8 | 5 | 1.120 | 18% | | IMPAC | NP A379 22[82] | |
| 87 | P | 15 | 32 | | 14,28 | | d | 1 | - | 0.2524 | 3 | 0.252 | 0% | | ENDOR | PR 107 1462[57] | |
| 88 | S | 16 | 31 | | 2.6 | | s | 1/2 | | 0.48793 | 8 | 0.976 | 0% | | N/RD | PR C14 2335[76] | |
| 89 | S | 16 | 32 | 2,230 | 171 | 6 | fs | 2 | + | 0.94 | 18 | 0.470 | 19% | | IMPAC | NP A315 133[79] | 95% |

| | EI | Z | A | E (keV) | T(1/2) | ΔT | U | Spln | g | Moment μ | Δμ | g | Δg % | Ref. | Method | Reference | Note |
|-----|----|----|----|---------|---------|----|----|---------|-----|------------|-----|-------|---------|-----------|--------|---------------------|------------|
| 90 | S | 16 | 33 | | | | | 3/2 | | +0.643821 | 1 | 0.429 | 0% | [H2] | N | ZNat 28a 1370[73] | |
| 91 | S | 16 | 34 | 2,127 | 332 | 14 | fs | 2 | | +1.00 | 16 | 0.500 | 16% | | IMPAC | NP A315 133[79] | 4% |
| 92 | S | 16 | 35 | | 87.4 | | d | 3/2 | | -1.07 | 4 | 0.713 | 4% | | MA | PR 93 193[54] | μ=+1.00[4] |
| 93 | S | 16 | 36 | 3,291 | 76 | 21 | fs | 2+ | | | | 0.000 | #ERROR! | | | | 0.02%,E2 |
| 94 | Cl | 17 | 35 | | | | | 3/2 | | +0.8218736 | 5 | 0.548 | 0% | [H2] | N | ZNat 27a 72[72] | |
| 95 | Cl | 17 | 36 | | 300,000 | | y | 2 | | +1.28547 | 5 | 0.643 | 0% | [H2] | N | PR 98 1316[55] | |
| 96 | Cl | 17 | 37 | | | | | 3/2 | | +0.6841230 | 5 | 0.456 | 0% | [H2] | N | ZNat 27a 72[72] | |
| 97 | Cl | 17 | 38 | | 37.3 | | m | 2 | | 2.05 | 2 | 1.025 | 1% | | N/RD | ZP 252 242[72] | |
| 98 | Ar | 18 | 35 | | 1.78 | | s | 3/2 | | +0.633 | 2 | 0.422 | 0% | | NO/D | PR 137B 1453[65] | |
| 99 | Ar | 18 | 36 | 1,970 | 319 | 28 | fs | 2+ | | | | 0.000 | #ERROR! | | | | 0.34%,E2 |
| 100 | Ar | 18 | 37 | | 35 | | d | 3/2 | | +0.95 | 20 | 0.633 | 21% | | O | PR 140 B820[65] | |
| 101 | Ar | 18 | 37 | 1,611 | 4.37 | 9 | ns | 7/2- | | -1.33 | 5 | 0.380 | 4% | | DPAD | PRL 27 603[71] | E3 |
| 102 | Ar | 18 | 38 | 2,168 | 471 | 21 | fs | 2+ | | | | 0.000 | #ERROR! | | | | 0.06%,E2 |
| 103 | Ar | 18 | 39 | | 269 | | y | 7/2 | | -1.3 | 3 | 0.371 | 23% | | O | JOSA 57 1452[67] | |
| 104 | Ar | 18 | 40 | 1,461 | 1.12 | 4 | ps | 2+ | | | | 0.000 | #ERROR! | | | | 99.6%,E2 |
| 105 | K | 19 | 36 | | 0.34 | | s | 2 | (+) | 0.548 | 1 | 0.274 | 0% | [K39] | OP/RD | NP A246 187[75] | |
| 106 | K | 19 | 37 | | 1.23 | | s | 3/2 | | +0.20321 | 6 | 0.135 | 0% | | OP/RD | ZP 244 44[71] | |
| 107 | K | 19 | 37 | 1,379 | 10.5 | 5 | ns | 5/2,7/2 | g=+ | 1.5 | 1 | 1.500 | 7% | | DPAD | PRL 27 603[71] | |
| 108 | K | 19 | 38 | | 7.61 | | m | 3 | | +1.3737 | 10 | 0.458 | 0% | [K39] | AB | PR 138 8773[65] | i |
| 109 | K | 19 | 38 | 3,458 | 22.6 | 4 | μs | (7)+ | | +3.836 | 14 | 0.548 | 0% | | DPAD | PL 48B 28[74] | E1 |
| 110 | K | 19 | 39 | | | | | 3/2 | | +0.3914658 | 4 | 0.261 | 0% | | AB/D | ZP 270 173[74] | g |
| 111 | K | 19 | 39 | 2,814 | 47 | 2 | ps | 7/2- | | 4.02 | 42 | 1.149 | 10% | | RIGV | ZP A301 243[81] | M2 |
| 112 | K | 19 | 39 | 3,598 | 38 | 1 | ps | 9/2 | | 2.43 | 22 | 0.540 | 9% | | RIGV | ZP A301 243[81] | |
| 113 | K | 19 | 40 | | 1.3E+09 | | y | 4 | | -1.298089 | 3 | 0.325 | 0% | [H2] | N | ZNat 29a 1754[74] | |
| 114 | K | 19 | 40 | 30 | 4.24 | 8 | ns | 3- | | -1.29 | 9 | 0.430 | 7% | [F19] | DPAD | PL 49B 261[74] | M1 |
| 115 | K | 19 | 40 | 2,543 | 1.08 | 5 | ns | 7+ | | 4.4 | 11 | 0.629 | 25% | | RIGV | ZP A301 243[81] | M2 |
| 116 | K | 19 | 41 | | | | | 3/2 | | +0.2148699 | 2 | 0.143 | 0% | | AB/D | ZP 270 173[74] | g |
| 117 | K | 19 | 41 | 1,294 | 7.2 | 2 | ns | 7/2- | | +4.54 | 12 | 1.297 | 3% | [F19] | DPAD | IzF 38 155[74] | E3,M2 |
| 118 | K | 19 | 41 | 2,528 | 150 | 8 | ps | 11/2 | | 4.5 | 10 | 0.818 | 22% | | RIGV | ZP A301 243[81] | |
| 119 | K | 19 | 41 | 2,774 | 47.5 | 1 | ps | 13/2 | | 3.0 | 5 | 0.462 | 17% | | RIGV | ZP A301 243[81] | |
| 120 | K | 19 | 42 | | 12.36 | | h | 2 | | -1.1425 | 6 | 0.571 | 0% | | AB/D | BAPS 18 727[73] | |
| 121 | K | 19 | 43 | | 22.3 | | h | 3/2 | | 0.163 | 2 | 0.109 | 1% | [K39,41] | AB | PR 116 734[59] | |
| 122 | K | 19 | 43 | 738 | 202 | 3 | ns | 7/2- | | +4.43 | 5 | 1.266 | 1% | | DPAD | HypI 15 59[84] | |
| 123 | K | 19 | 43 | 738 | 182 | 4 | ns | 7/2 | | +4.48 | 14 | 1.280 | 3% | [F19] | DPAD | PR C14 1179[76] | |
| 124 | K | 19 | 45 | | 20 | 1 | m | 3/2 | | +0.1734 | 4 | 0.116 | 0% | [K39] | AB | PR 161 1152[67] | |
| 125 | Ca | 20 | 39 | | 0.86 | | s | 3/2 | | 1.02168 | 12 | 0.681 | 0% | | N/RD | PL 61B 155[76] | |
| 126 | Ca | 20 | 40 | 3,736 | 47 | 2 | ps | 3- | | +1.56 | 54 | 0.520 | 35% | | TIFO | PRL 43 326[79] | |
| 127 | Ca | 20 | 40 | 3,904 | 34 | 2 | fs | 2+ | | | | 0.000 | #ERROR! | | | | 96.9%,E2 |
| 128 | Ca | 20 | 40 | 4,492 | 272 | 8 | ps | 5- | | +2.91 | 50 | 0.582 | 17% | | IPAD | PR C10 919[74] | E2 |
| 129 | Ca | 20 | 41 | | 100,000 | | y | 7/2 | | -1.594780 | 90 | 0.456 | 0% | [H2] | N | PRL 9 166[62] | |
| 130 | Ca | 20 | 41 | 3,830 | 3.12 | 14 | ns | 15/2+ | | +2.18 | 15 | 0.291 | 7% | | DPAD | PR C12 1358[75] | E2 |
| 131 | Ca | 20 | 42 | 1,525 | 0.82 | 3 | ps | 2+ | | | | 0.000 | #ERROR! | | | | 0.65%,E2 |
| 132 | Ca | 20 | 42 | 3,189 | 5.36 | 8 | ns | 6+ | | -2.49 | 9 | 0.415 | 4% | | DPAD | PRL 35 497[75] | 1,E2 |
| 133 | Ca | 20 | 43 | | | | | 7/2 | | -1.317642 | 7 | 0.376 | 0% | [H2] | N | ZNat 28a 1534[73] | |
| 134 | Ca | 20 | 44 | 1,157 | 2.9 | 2 | ps | 2 | | -0.56 | 22 | 0.280 | 39% | | TIFO | PRL 43 326[79] | 2.1% |
| 135 | Ca | 20 | 48 | 3,832 | 29 | 3 | fs | 2+ | | | | 0.000 | #ERROR! | | | | 0.2%,E2 |
| 136 | Sc | 21 | 41 | | 0.596 | | s | 7/2 | | 5.43 | 2 | 1.551 | 0% | | N/RD | JPJS 34 158[73] | i |
| 137 | Sc | 21 | 43 | | 3.89 | | h | 7/2 | | +4.62 | 4 | 1.320 | 1% | [Sc45] | AB | PR 141 1106[66] | |
| 138 | Sc | 21 | 43 | 152 | 438 | 6 | μs | 3/2+ | | +0.348 | 6 | 0.232 | 2% | | DPAD | PR C16 1605[77] | M2 |
| 139 | Sc | 21 | 43 | 3,123 | 473 | 5 | ns | 19/2 | | +3.122 | 7 | 0.329 | 0% | | DPAD | PL 73B 127[78] | |
| 140 | Sc | 21 | 44 | | 3.93 | | h | 2 | | +2.56 | 3 | 1.280 | 1% | [Sc45] | AB,R | PR 141 1106[66] | |
| 141 | Sc | 21 | 44 | 68 | 156 | 2 | ns | 1 | | +0.345 | 7 | 0.345 | 2% | | DPAC | IAP 19 646[77] | |
| 142 | Sc | 21 | 44 | 235 | 6.1 | 2 | ns | 2- | | +0.76 | 12 | 0.380 | 16% | | IPAD | JPLG 2 67[76] | b,E1,M1 |
| 143 | Sc | 21 | 44 | 271 | 2,443 | 6 | d | 6+ | | +3.88 | 1 | 0.647 | 0% | [Sc45] | AB,R | PR 141 1106[66] | E4 |
| 144 | Sc | 21 | 44 | 350 | 3.12 | 14 | ns | 4+ | | +3.61 | 48 | 0.903 | 13% | | IPAD | ZP A275 51[75] | E2 |
| 145 | Sc | 21 | 45 | | | | | 7/2 | | 4.756483 | 3 | 1.359 | 0% | [H2] | N | PL 29A 58[69] | |
| 146 | Sc | 21 | 46 | | 83.8 | | d | 4 | | +3.03 | 2 | 0.758 | 1% | [Sc45] | AB | PR 128 1740[62] | |
| 147 | Sc | 21 | 47 | | 3.42 | | d | 7/2 | | +5.34 | 2 | 1.526 | 0% | [Sc45] | AB | PR 141 1106[66] | |
| 148 | Sc | 21 | 47 | 767 | 270 | 12 | ns | 3/2+ | | 0.35 | 5 | 0.233 | 14% | | DPAD | PR 168 1228[68] | M2 |
| 149 | Ti | 22 | 43 | 3,220 | 560 | 6 | ns | 19/2 | | +7.22 | 1 | 0.760 | 0% | | DPAD | PL 73B 127[78] | E= |
| 150 | Ti | 22 | 45 | | 3.09 | | h | 7/2 | | 0.095 | 2 | 0.027 | 2% | [Ti47,49] | AB | PR 148 1157[66] | j |
| 151 | Ti | 22 | 45 | 40 | 11.9 | 4 | ns | 5/2- | | +0.13 | 1 | 0.052 | 8% | | DPAD | Nuol 19 229[77] | M1 |
| 152 | Ti | 22 | 45 | 330 | 1,102 | 14 | ns | 3/2+ | | +0.98 | 24 | 0.653 | 24% | | IPAD | PR C12 1865[75] | E1 |
| 153 | Ti | 22 | 46 | 889 | 5.7 | 3 | ps | 2+ | | +0.98 | 24 | 0.490 | 24% | | IMPAC | HypI 9 65[81] | 8%,E2 |
| 154 | Ti | 22 | 47 | | | | | 5/2 | | -0.78848 | 1 | 0.315 | 0% | [K39] | N | Phil s8v12 1061[65] | f |
| 155 | Ti | 22 | 47 | 159 | 209 | 6 | ps | 7/2- | | -1.9 | 6 | 0.543 | 32% | | IMPAC | CJP 55 779[77] | E2,M1 |
| 156 | Ti | 22 | 48 | 983 | 4.4 | 2 | ps | 2+ | | +0.86 | 38 | 0.430 | 44% | | IMPAC | HypI 9 65[81] | 74%,E2 |
| 157 | Ti | 22 | 49 | | | | | 7/2 | | -1.10417 | 1 | 0.315 | 0% | [K39] | N | Phil s8v12 1061[65] | f |
| 158 | Ti | 22 | 50 | 3,198 | 0.42 | 2 | ns | (6) | | +9.26 | 102 | 1.543 | 11% | | IPAD | NP A266 457[76] | 5% |
| 159 | V | 23 | 46 | 801 | 1.04 | 10 | ms | 3 | | +1.64 | 3 | 0.547 | 2% | | DPAD | ZP A309 71[82] | |
| 160 | V | 23 | 48 | | 15.976 | | d | 4 | | 1.63 | 10 | 0.408 | 6% | | NO/S | PPSL 87 927[66] | |
| 161 | V | 23 | 48 | 308 | 7.09 | 3 | ns | 2+ | | +0.377 | 34 | 0.189 | 9% | | IPAC | NP A94 427[67] | E2 |
| 162 | V | 23 | 48 | 308 | 7.1 | | ns | 2+ | | 0.444 | 16 | 0.222 | 4% | | DPAC | HypI 34 61[87] | |
| 163 | V | 23 | 49 | | 330 | | d | 7/2 | | 4.47 | 5 | 1.277 | 1% | [V51] | EPR | BAPS 2 31[57] | f |
| 164 | V | 23 | 49 | 153 | 19.96 | 21 | ns | 3/2- | | +1.58 | 8 | 1.053 | 5% | | DPAD | PL 40B 638[72] | E2,M1 |
| 165 | V | 23 | 50 | | | | | 6 | | +3.34745 | 3 | 0.558 | 0% | [H1] | N | JPCR 5 835[76] | |
| 166 | V | 23 | 51 | | | | | 7/2 | | +5.1514 | 1 | 1.472 | 0% | [V50] | N | PPSL 84 326[64] | |
| 167 | V | 23 | 51 | 320 | 184 | 5 | ps | 5/2- | | +3.86 | 33 | 1.544 | 9% | | CEAD | NP A120 540[68] | E2,M1 |
| 168 | Cr | 24 | 49 | | 41.9 | | m | 5/2 | | 0.476 | 3 | 0.190 | 1% | [Cr53] | AB | PScr 2 16[70] | |
| 169 | Cr | 24 | 50 | 783 | 9.1 | 4 | ps | 2+ | | +1.2 | 2 | 0.600 | 17% | | IMPAC | NP A291 241[77] | 4%,E2 |
| 170 | Cr | 24 | 51 | | 27.7 | | d | 7/2 | (-) | 0.934 | 5 | 0.267 | 1% | [Cr53] | AB | ArkF 40 457[70] | |
| 171 | Cr | 24 | 51 | 749 | 7.35 | 28 | ns | 3/2- | | -0.86 | 12 | 0.573 | 14% | [F19] | DPAD | IzF 38 155[74] | E2 |
| 172 | Cr | 24 | 52 | 1,434 | 0.71 | 3 | ps | 2+ | | | | 0.000 | #ERROR! | | | | 84%,E2 |
| 173 | Cr | 24 | 53 | | | | | 3/2 | | -0.4730 | | 0.315 | 0% | | ENDOR | CJP 52 1731[74] | v,Δμ |
| 174 | Cr | 24 | 54 | 835 | 8.2 | 5 | ps | 2+ | | +1.12 | 20 | 0.560 | 18% | | IMPAC | NP A291 241[77] | 2%,E2 |
| 175 | Mn | 25 | 51 | | | | | 5/2 | | 3.568 | 2 | 1.427 | 0% | [Mn55] | AB | NP A166 306[71] | e |
| 176 | Mn | 25 | 52 | | 5.59 | | d | 6 | | +3.0631 | 13 | 0.511 | 0% | [Mn55] | N/RD | Phca 50 259[70] | f |
| 177 | Mn | 25 | 52 | 378 | 21.1 | | m | 2 | | 0.0076 | | 0.004 | 0% | [Mn55] | AB | NP A166 306[71] | Δμ |
| 178 | Mn | 25 | 53 | | 3.7E+06 | | y | 7/2 | | 5.024 | 7 | 1.435 | 0% | [Mn55] | EPR | PR 104 1378[56] | f |

| | EI | Z | A | E (keV) | T (1/2) | ΔT | U | Spin | g _μ | Moment μ | Δμ | g | Δg % | Ref. | Method | Reference | Note |
|-----|----|----|----|---------|---------|-----|----|-------|----------------|----------|---------|---------|-------------|---------|-------------------|------------------------|-------|
| 179 | Mn | 25 | 53 | 378 | 117 | 6 | ps | 5/2- | +3.25 | 30 | 1.300 | 9% | | | IMPAC | NP A243 [175] | E2,M1 |
| 180 | Mn | 25 | 54 | | 312 | | d | 3 | +3.2818 | 13 | 1.094 | 0% | [Mn55] | N/RD | Phca 50 259[70] | f | |
| 181 | Mn | 25 | 55 | | | | | 5/2 | +3.468716 | 2 | 1.387 | 0% | [H2] | N | ZNat 29a 1467[74] | | |
| 182 | Mn | 25 | 56 | | 2.579 | | h | 3 | +3.2266 | 2 | 1.076 | 0% | [Mn55] | AB | PR 122 891[61] | e | |
| 183 | Fe | 26 | 54 | 1,408 | 984 | 28 | fs | 2+ | +2.2 | 4 | 1.100 | 18% | | IMPAC | NP A291 241[77] | 6%,E2 | |
| 184 | Fe | 26 | 54 | 2,950 | 1,22 | 2 | ns | 6+ | 8.22 | 18 | 1.370 | 2% | | DPAC | PRL 27 1587[71] | E2 | |
| 185 | Fe | 26 | 54 | 6,527 | 357 | 4 | ns | 10+ | +7.281 | 10 | 0.728 | 0% | | DPAD | PR C27 602[83] | | |
| 186 | Fe | 26 | 55 | 931 | 0.9 | 3 | ps | 5/2- | +2.7 | 12 | 1.080 | 44% | | IPAD | CJP 51 707[73] | b E2, M1 | |
| 187 | Fe | 26 | 55 | 1,317 | 12 | | ps | 7/2- | +2 | 2 | 0.571 | 100% | | IPAD | CJP 51 707[73] | ΔT=+6,-3,E2,M1 | |
| 188 | Fe | 26 | 55 | 1,409 | 40 | 3 | ps | 7/2- | -2.2 | 5 | 0.629 | 23% | | IPAD | CJP 51 707[73] | b,E2,M1 | |
| 189 | Fe | 26 | 56 | 847 | 6.2 | 3 | ps | 2+ | +1.20 | 2 | 0.600 | 17% | | IMPAC | PR C9 1954[74] | 92%,E2 | |
| 190 | Fe | 26 | 57 | | | | | 1/2 | +0.0907637 | 1 | 0.182 | 0% | [H2] | N | ZNat 29a 1763[74] | v | |
| 191 | Fe | 26 | 57 | 14 | 98 | 8 | ns | 3/2- | -0.1549 | 2 | 0.103 | 0% | [Fe57] | ME | PR 140 A875[65] | f,E2,M1 | |
| 192 | Fe | 26 | 57 | 136 | 8.6 | 3 | ns | 5/2- | +0.935 | 10 | 0.374 | 1% | | DPAD | PScr 20 163[79] | E2,M1 | |
| 193 | Fe | 26 | 57 | 367 | 6.9 | | ps | 3/2- | 0.0 | 6 | 0.000 | #ERROR! | | IMPAC | NP A137 658[69] | E2,M1 | |
| 194 | Fe | 26 | 58 | 811 | 8.1 | 1.6 | ps | 2+ | +0.86 | 2 | 0.430 | 2% | | IMPAC | PR C16 899[77] | 0.3%,E2 | |
| 195 | Fe | 26 | 59 | | 44.6 | | d | 3/2 | 0.29 | 3 | 0.193 | 10% | | NO/S | PR C14 653[76] | | |
| 196 | Co | 27 | 55 | | 17.5 | | h | 7/2 | +4.822 | 3 | 1.378 | 0% | | N/RD | Hypl 2 45[76] | | |
| 197 | Co | 27 | 56 | | 78.8 | | d | 4 | 3.830 | 15 | 0.958 | 0% | [Co59] | EPR | PPLS 69A 353[56] | f | |
| 198 | Co | 27 | 57 | | 271 | | d | 7/2 | 4.719 | 12 | 1.348 | 0% | [Co59] | N/ME | ZP 270 233[74] | | |
| 199 | Co | 27 | 57 | 1,378 | 19 | 4 | ps | 3/2- | +3.0 | 6 | 2.007 | 20% | [Co60] | IPAD | ZP 233 477[70] | E2 | |
| 200 | Co | 27 | 58 | | 70.8 | | d | 2 | +4.044 | 8 | 2.022 | 0% | [Co59] | N/RD | Phca 57 1[72] | | |
| 201 | Co | 27 | 58 | 53 | 10.2 | 6 | μs | 4 | +4.194 | 8 | 1.049 | 0% | | SOPAD | NP A151 193[70] | | |
| 202 | Co | 27 | 58 | 111 | 180 | 28 | ps | 3+ | +2.22 | 39 | 0.740 | 18% | | IPAD | NP A194 249[72] | M1 | |
| 203 | Co | 27 | 59 | | | | | 7/2 | +4.627 | 9 | 1.322 | 0% | | N | PR 162 301[67] | i | |
| 204 | Co | 27 | 59 | 1,292 | 548 | 28 | ps | 3/2- | +2.54 | 12 | 1.693 | 5% | | IPAC | PScr 9 79[74] | E2,M1 | |
| 205 | Co | 27 | 60 | | 5.271 | | y | 5 | +3.799 | 8 | 0.760 | 0% | [Co59] | N/RD | Phca 57 1[72] | | |
| 206 | Co | 27 | 60 | 59 | 10.47 | 2 | m | 2+ | +4.40 | 9 | 2.201 | 2% | | AB | Ci69 MnlrIC 91 | M3 | |
| 207 | Ni | 28 | 57 | | 36 | | h | 3/2 | 0.88 | 6 | 0.587 | 7% | | NO/S | PL 55B 450[75] | | |
| 208 | Ni | 28 | 58 | 1,454 | 638 | 18 | fs | 2+ | -0.12 | 26 | 0.060 | 217% | | IMPAC | PR C17 997[78] | 68%,E2 | |
| 209 | Ni | 28 | 59 | 339 | 69 | 7 | ps | 5/2- | +0.35 | 15 | 0.140 | 43% | | IPAD | CJP 52 1137[74] | M1 | |
| 210 | Ni | 28 | 60 | 1,332 | 728 | 7 | fs | 2+ | +0.18 | 24 | 0.090 | 133% | | IMPAC | PR C17 997[78] | 26%,E2 | |
| 211 | Ni | 28 | 61 | | | | | 3/2 | -0.75002 | 4 | 0.500 | 0% | [O17] | N/R | JPCR 5 835[76] | | |
| 212 | Ni | 28 | 61 | 67 | 5.2 | 4 | ns | 5/2- | +0.480 | 6 | 0.192 | 1% | [Ni61] | ME | ZNat 26a 1931[71] | E2 | |
| 213 | Ni | 28 | 62 | 1,173 | 1.45 | 2 | ps | 2+ | +0.66 | 24 | 0.330 | 36% | | IMPAC | PR C17 997[78] | 3.6%,E2 | |
| 214 | Ni | 28 | 63 | 87 | 1.65 | 4 | μs | 5/2- | +0.752 | 3 | 0.301 | 0% | | DPAD | PL 32B 41[70] | h,E2 | |
| 215 | Ni | 28 | 64 | 1,346 | 0.98 | 6 | ps | 2 | +0.9 | 2 | 0.450 | 22% | | IMPAC | PR C17 997[78] | 0.9% | |
| 216 | Ni | 28 | 65 | | 2.52 | | h | 5/2 | 0.69 | 6 | 0.276 | 9% | | NO/S | PR C14 650[76] | | |
| 217 | Cu | 29 | 60 | | 23.4 | | m | 2 | +1.219 | 3 | 0.610 | 0% | [Cu63] | AB | PR 169 917[68] | e | |
| 218 | Cu | 29 | 61 | | 3.41 | | h | 3/2 | +2.14 | 4 | 1.427 | 2% | [Cu63] | AB | PR 142 638[66] | | |
| 219 | Cu | 29 | 62 | | 9.73 | | m | 1 | -0.380 | 4 | 0.380 | 1% | [Cu63] | AB | PR 169 917[68] | e | |
| 220 | Cu | 29 | 62 | 41 | 4.57 | 14 | ns | 2+ | +1.32 | 3 | 0.660 | 2% | | DPAD | ZP 263 169[73] | M1 | |
| 221 | Cu | 29 | 62 | 390 | 11.1 | 2 | ns | 3,4 | g++ 0.667 | 40 | 0.667 | 6% | | DPAD | ZP 263 169[73] | E2 | |
| 222 | Cu | 29 | 63 | | | | | 3/2 | 2.2264 | | 1.484 | 0% | | N/R | SSC 10 769[72] | Δμ | |
| 223 | Cu | 29 | 63 | 4,498 | 4 | | ns | 17/2 | +1.6 | 1 | 0.188 | 6% | | SOPAD | NP A406 533[83] | | |
| 224 | Cu | 29 | 64 | | 12.7 | | h | 1 | -0.217 | 2 | 0.217 | 1% | [Cu63] | AB | PR 142 638[66] | | |
| 225 | Cu | 29 | 64 | 1,594 | 20.4 | 7 | ns | (6) | +1.06 | 3 | 0.177 | 3% | | DPAD | NP A197 620[72] | a | |
| 226 | Cu | 29 | 65 | | | | | 3/2 | 2.3853 | 3 | 1.590 | 0% | | N/R | SSC 10 769[72] | Δμ | |
| 227 | Cu | 29 | 65 | 1,114 | 263 | 17 | fs | 5/2- | +4.45 | 92 | 1.780 | 21% | | IPAD | IzF 43 10 110[79] | E2,M1 | |
| 228 | Cu | 29 | 66 | | 5.1 | | m | 1 | -0.282 | 2 | 0.282 | 1% | [Cu65] | AB | JPAL 2 658[69] | e | |
| 229 | Cu | 29 | 66 | 1,154 | 596 | 21 | ns | (6) | +1.038 | 3 | 0.173 | 0% | | DPAD | NP A197 620[72] | a | |
| 230 | Zn | 30 | 63 | | 38.1 | | m | 3/2 | -0.28164 | 5 | 0.188 | 0% | [Zn67] | OD | PR 177 1606[69] | | |
| 231 | Zn | 30 | 64 | 992 | 1.84 | 7 | ps | 2+ | +0.92 | 20 | 0.460 | 22% | | IMPAC | ZP A291 93[79] | 49%,E2 | |
| 232 | Zn | 30 | 65 | | 244.1 | | d | 5/2 | +0.7690 | 2 | 0.308 | 0% | [Zn67] | OD | PR 134 A47[64] | i | |
| 233 | Zn | 30 | 65 | 115 | 440 | 6 | ns | 3/2- | -0.78 | 20 | 0.520 | 26% | [Zn67] | IPAD | NP A241 332[75] | I,M1 | |
| 234 | Zn | 30 | 65 | 207 | 575 | 28 | ns | 3/2- | +0.73 | 25 | 0.487 | 34% | [Zn67] | IPAD | NP A241 332[75] | I,M1 | |
| 235 | Zn | 30 | 65 | 1,066 | 575 | 28 | ps | 9/2+ | -1.73 | 49 | 0.384 | 28% | [Zn67] | IPAD | CJP 53 254[75] | I,E1,E3,M2 | |
| 236 | Zn | 30 | 66 | 1,039 | 1.58 | 6 | ps | 2+ | +0.94 | 22 | 0.470 | 21% | | IMPAC | ZP A291 93[79] | 28%,E2 | |
| 237 | Zn | 30 | 66 | 4,074 | 30 | 1 | ps | 6- | | 0.000 | #ERROR! | | [Zn64,7-] | RIGV | ZP A314 55 [83] | R=(1±.18):(0.64±0.14) | |
| 238 | Zn | 30 | 66 | 4,250 | 133 | 10 | ps | 7- | | 0.000 | #ERROR! | | [Zn64,7-] | RIGV | ZP A314 55 [83] | R=(1±0.18):(0.6±.12) | |
| 239 | Zn | 30 | 67 | | | | | 5/2 | 0.8760822 | 13 | 0.350 | 0% | [Cl37] | N | PL 45A 255[73] | | |
| 240 | Zn | 30 | 67 | 93 | 9.08 | 14 | μs | 1/2- | +0.58 | 3 | 1.160 | 5% | [Zn67] | ME | PR B7 4044[73] | E2 | |
| 241 | Zn | 30 | 67 | 185 | 1.033 | 14 | ns | 3/2- | +0.50 | 6 | 0.334 | 12% | | IPAC | APPO 36 1065[69] | E2,M1 | |
| 242 | Zn | 30 | 67 | 604 | 333 | 14 | ns | 9/2+ | -1.097 | 9 | 0.244 | 1% | [F19] | DPAD | NP A215 486[73] | M2 | |
| 243 | Zn | 30 | 68 | 1,077 | 1.5 | 3 | ps | 2 | +0.92 | 28 | 0.460 | 30% | | IMPAC | ZP A291 93[79] | 19% | |
| 244 | Zn | 30 | 70 | 885 | 3.2 | 3 | ps | 2+ | +0.60 | 14 | 0.300 | 23% | | IMPAC | ZP A291 93[79] | 0.6%,E2 | |
| 245 | Ga | 31 | 66 | 66 | 23 | 2 | ns | 2 | 1.011 | 18 | 0.506 | 2% | | DPAD,R | NP A258 103[76] | h | |
| 246 | Ga | 31 | 66 | 1,441 | 57.3 | 12 | ns | 6 | +0.774 | 18 | 0.129 | 2% | | DPAD | NP A295 513[78] | | |
| 247 | Ga | 31 | 67 | | 78.3 | | h | 3/2 | +1.8507 | 3 | 1.234 | 0% | [Ga69,71] | AB | PR 176 25[68] | | |
| 248 | Ga | 31 | 67 | 3,578 | 159 | 42 | ps | 15/2+ | | 0.000 | #ERROR! | | [Ga67,5/2+] | RIGV | Hypl 15 63[83] | R=(1±0.32):(0.40±0.09) | |
| 249 | Ga | 31 | 68 | | 68.1 | | m | 1 | 0.01175 | 6 | 0.012 | 1% | [Ga69,71] | AB | PR 127 529[62] | k | |
| 250 | Ga | 31 | 68 | 1,230 | 64 | 2 | ns | 7 | +0.735 | 20 | 0.105 | 3% | | DPAD | NP A295 513[78] | | |
| 251 | Ga | 31 | 69 | | | | | 3/2 | +2.01659 | 4 | 1.344 | 0% | [Na23] | N | ORNL-1775[54] | f | |
| 252 | Ga | 31 | 70 | 879 | 22.7 | 5 | ns | 4- | -0.26 | 10 | 0.065 | 38% | [F19] | DPAD | PR C14 329[76] | E2 | |
| 253 | Ga | 31 | 71 | | | | | 3/2 | +2.56227 | 2 | 1.708 | 0% | [Na23] | N | ORNL-1775[54] | f | |
| 254 | Ga | 31 | 72 | | 14.1 | | h | 3 | -0.13224 | 2 | 0.044 | 0% | [Ga69,71] | AB | PR 176 25[68] | | |
| 255 | Ge | 32 | 67 | 734 | 70 | 7 | ns | (9/2) | -0.948 | 30 | 0.211 | 3% | | DPAD | JPJS 34 217[73] | | |
| 256 | Ge | 32 | 68 | 3,883 | 118 | 20 | ps | 6 | +0.58 | 15 | 0.097 | 26% | | RIGV | JPGL 8 1397[82] | | |
| 257 | Ge | 32 | 68 | 4,054 | 132 | 35 | ps | 7 | +0.65 | 20 | 0.121 | 24% | | RIGV | JPGL 8 1397[82] | | |
| 258 | Ge | 32 | 69 | | 39 | | h | 5/2 | 0.735 | 7 | 0.294 | 1% | [Ge73] | AB | PR C2 228[70] | | |
| 259 | Ge | 32 | 69 | 398 | 2.77 | 7 | μs | 9/2+ | -1.0011 | 32 | 0.222 | 0% | | SOPAD | PR C1 613[70] | I,M2 | |
| 260 | Ge | 32 | 70 | 1,040 | 1.27 | 3 | ps | 2+ | +0.76 | 16 | 0.380 | 21% | | IMPAC | NP A291 241[77] | 20%,E2 | |
| 261 | Ge | 32 | 70 | 1,040 | 1.27 | 3 | ps | 2+ | +0.94 | 5 | 0.470 | 5% | | IMPAC | JPGL 10 1759[84] | E2 | |
| 262 | Ge | 32 | 71 | | 11.2 | | d | 1/2 | +0.547 | 5 | 1.094 | 1% | [Ge73] | AB,R | PR C1 750[70] | | |
| 263 | Ge | 32 | 71 | 175 | 79 | 2 | ns | 5/2- | +1.018 | 10 | 0.407 | 1% | [F19] | DPAD | PL 27B 370[68] | E2 | |
| 264 | Ge | 32 | 71 | 199 | 22 | 1 | ms | 9/2+ | -1.0399 | 23 | 0.231 | 0% | | SOPAD | NP A150 282[70] | M2 | |
| 265 | Ge | 32 | 72 | 834 | 16.6 | 14 | ps | 2+ | +0.798 | 66 | 0.399 | 8% | | IMPAC | JPGL 10 1759[84] | E2 | |
| 266 | Ge | 32 | 72 | 834 | 2.8 | 14 | ps | 2+ | +1.16 | 28 | 0.580 | 24% | | IMPAC,R | PR C9 1954[74] | 27%,E2 | |
| 267 | Ge | 32 | 73 | | | | | 9/2 | -0.879467769 | 5 | 0.195 | 0% | [H1] | N | ZNat 29a 1763[74] | | |

| | EI | Z | A | E (keV) | T(1/2) | ΔT | U | Spin | μ | Moment μ | $\Delta\mu$ | g | Δg % | Ref. | Method | Reference | Note |
|-----|----|----|----|---------|---------|------------|---------|-----------|-------|--------------|-------------|-------|--------------|-----------|---------|------------------|----------------|
| 268 | Ge | 32 | 73 | 13 | 2.95 | 5 | μ s | 5/2+ | - | 0.0941 | 25 | 0.038 | 3% | | DPAC | PL 588 423[75] | E2 |
| 269 | Ge | 32 | 74 | 596 | 11.5 | 11 | ps | 2+ | + | 0.94 | 20 | 0.470 | 21% | | IMPAC,R | PR C9 1954[74] | 36%,E2 |
| 270 | Ge | 32 | 74 | 596 | 11.5 | 12 | ps | 2+ | + | 0.87 | 4 | 0.435 | 5% | | IMPAC | JPGL 10 1759[84] | E2 |
| 271 | Ge | 32 | 74 | 1,204 | 5.4 | 8 | ps | 2+ | + | 0.82 | 24 | 0.410 | 29% | | IMPAC | JPGL 10 1759[84] | E2 |
| 272 | Ge | 32 | 75 | | 82.8 | | m | 1/2 | + | 0.510 | 5 | 1.020 | 1% | [Ge73] | AB | PR C2 228[70] | |
| 273 | Ge | 32 | 76 | 563 | 18.16 | 14 | ps | 2+ | + | 0.84 | 5 | 0.420 | 6% | | IMPAC | JPGL 10 1759[84] | E2 |
| 274 | Ge | 32 | 76 | 563 | 18.16 | 14 | ps | 2+ | + | 0.72 | 16 | 0.360 | 22% | | IMPAC,R | PR C9 1954[74] | 8%,E2 |
| 275 | As | 33 | 69 | 1,307 | 1.35 | 3 | ns | 1 | + | 1.05 | 13 | 1.050 | 12% | | IPAC | ZP A296 181[80] | |
| 276 | As | 33 | 70 | | 53 | | m | 4 | | 2.1 | 2 | 0.525 | 10% | [As75] | AB | HypI 2 399[76] | |
| 277 | As | 33 | 71 | | 61 | | h | 5/2 | (+) | 1.6735 | 18 | 0.669 | 0% | | N/RD | NP A259 378[76] | |
| 278 | As | 33 | 71 | 1,001 | 19.8 | 4 | ns | 9/2 | + | 5.15 | 9 | 1.144 | 2% | | DPAD | AR71 HMI 58 | |
| 279 | As | 33 | 72 | | 26 | | h | 2 | (-) | 2.1578 | 22 | 1.079 | 0% | | N/RD | NP A259 378[76] | |
| 280 | As | 33 | 72 | 214 | 80 | 2 | ns | (1-3)+ | + | 1.580 | 18 | 0.527 | 1% | [F19] | DPAD | NP A249 93[75] | h,E1,E2 |
| 281 | As | 33 | 72 | 508 | 87 | 1 | ns | 5,6,7 | g=- | 0.127 | 11 | 0.127 | 9% | | DPAD | BAPS 20 656[75] | h |
| 282 | As | 33 | 72 | 561 | 87 | 2 | ns | 1 | + | 0.116 | 2 | 0.116 | 2% | | DPAD | PR C15 1583[77] | |
| 283 | As | 33 | 73 | 67 | 4.99 | 14 | ns | 5/2+ | + | 1.63 | 10 | 0.652 | 6% | | DPAC | PL 6 290[63] | M1 |
| 284 | As | 33 | 73 | 428 | 5.6 | 3 | μ s | 9/2+ | + | 5.234 | 14 | 1.163 | 0% | | SOPAD | PRL 25 102[70] | a,M2 |
| 285 | As | 33 | 74 | | 17.78 | | d | 2 | - | 1.597 | 3 | 0.799 | 0% | [As75] | N/RD | HypI 2 45[76] | |
| 286 | As | 33 | 74 | 259 | 26.8 | 5 | ns | (4) | + | 3.238 | 40 | 0.810 | 1% | [F19] | DPAD,R | PR C14 1776[76] | |
| 287 | As | 33 | 75 | | | | | 3/2 | + | 1.43947 | 6 | 0.960 | 0% | [H2] | N | PR 89 595[53] | |
| 288 | As | 33 | 75 | 265 | 11.8 | 7 | ps | 3/2- | + | 1.11 | 33 | 0.740 | 30% | | IPAC | Cf70 Delft 543 | E2,M1 |
| 289 | As | 33 | 75 | 280 | 277 | 10 | ps | 5/2- | + | 0.88 | 12 | 0.352 | 14% | | IPAC | Cf70 Delft 543 | b,E2,M1 |
| 290 | As | 33 | 76 | | 26.3 | | h | 2 | - | 0.906 | 5 | 0.453 | 1% | [As75] | NO/D | PR 109 1423[58] | d |
| 291 | As | 33 | 76 | 46 | 1.93 | 6 | μ s | (1,2)+ | + | 0.559 | 5 | 0.559 | 1% | [F19] | SOPAD | Cf70 Delft 564 | E1 |
| 292 | As | 33 | 77 | 264 | 347 | 21 | ps | 5/2- | + | 0.82 | 13 | 0.328 | 16% | | IPAC | Cf74 Uppsala 106 | E2,M1 |
| 293 | As | 33 | 77 | 476 | 116 | 4 | μ s | 9/2+ | + | 5.525 | 9 | 1.228 | 0% | | SOPAD | AR69 HMI 53 | E3,M2 |
| 294 | As | 33 | 77 | 632 | 75 | 15 | ps | 5/2+ | + | 2.53 | 40 | 1.012 | 16% | | IPAC | PR C10 774[74] | E1,E2 |
| 295 | Se | 34 | 74 | 635 | 7.4 | 3 | ps | 2+ | | | | 0.000 | #ERROR! | | | | 0.9%,E2 |
| 296 | Se | 34 | 75 | | 118.5 | | d | 5/2 | | 0.67 | 4 | 0.268 | 6% | | N/RD | PR B10 1075[74] | |
| 297 | Se | 34 | 76 | 559 | 12.3 | 3 | ps | 2+ | + | 0.80 | 2 | 0.400 | 25% | | IMPAC | NP A133 310[69] | 9%,E2 |
| 298 | Se | 34 | 77 | | | | | 1/2 | + | 0.53506 | 1 | 1.070 | 0% | [Na23] | N | PR 89 923[53] | f |
| 299 | Se | 34 | 77 | 250 | 9.3 | 4 | ns | 5/2- | + | 1.20 | 15 | 0.480 | 13% | | DPAC | PL 11 57[64] | E1,E2 |
| 300 | Se | 34 | 77 | 439 | 23 | 2 | ps | 5/2- | + | 1.02 | 28 | 0.408 | 27% | | IMPAC | Cf69 Heidb 419 | E1,E2,M1 |
| 301 | Se | 34 | 78 | 614 | 8.6 | 9 | ps | 2+ | + | 0.82 | 22 | 0.410 | 27% | | IMPAC | NP A133 310[69] | 23.5%,E2 |
| 302 | Se | 34 | 79 | | 65,000 | | y | 7/2 | - | 1.018 | 15 | 0.291 | 1% | | MA | PR 92 1532[53] | T _s |
| 303 | Se | 34 | 80 | 666 | 8 | 0.9 | ps | 2+ | + | 0.84 | 24 | 0.420 | 29% | | IMPAC | NP A133 310[69] | 50%,E2 |
| 304 | Se | 34 | 82 | 654 | 11.3 | 12 | ps | 2+ | + | 0.86 | 24 | 0.430 | 28% | | IMPAC | NP A133 310[69] | 9%,E2 |
| 305 | Br | 35 | 76 | | 16.1 | | h | 1 | | 0.5482 | 1 | 0.548 | 0% | [Br79,81] | AB | PR 119 1053[60] | k |
| 306 | Br | 35 | 78 | 32 | 14.2 | 3 | ns | (2) | - | 1.12 | 4 | 0.560 | 4% | [F19] | DPAD | NP A215 471[73] | h |
| 307 | Br | 35 | 78 | 181 | 120 | | μ s | (4) | + | 4.114 | 12 | 1.029 | 0% | | N/RD | Cf74 Uppsala 258 | |
| 308 | Br | 35 | 79 | | | | | 3/2 | + | 2.106399 | 4 | 1.404 | 0% | [H2] | N | ZNat 27a 72[72] | |
| 309 | Br | 35 | 80 | | 17.6 | | m | 1 | | 0.5140 | 6 | 0.514 | 0% | [Br79,81] | AB | PR 136 B584[64] | j |
| 310 | Br | 35 | 80 | 37 | 7.3 | 9 | ns | 2- | - | 1.67 | 12 | 0.835 | 7% | [F19] | DPAD | NP A215 471[73] | h,E1 |
| 311 | Br | 35 | 80 | 86 | 4.42 | 1 | h | 5- | + | 1.3177 | 6 | 0.264 | 0% | [Br79,81] | AB | PR 136 B584[64] | M3 |
| 312 | Br | 35 | 81 | | | | | 3/2 | + | 2.270560 | 4 | 1.514 | 0% | [H2] | N | ZNat 27a 72[72] | |
| 313 | Br | 35 | 81 | 536 | 36 | 1 | μ s | 9/2+ | + | 5.694 | 45 | 1.265 | 1% | | SOPAD | PL 358 501[71] | h,M2 |
| 314 | Br | 35 | 82 | | 35.34 | | h | 5 | + | 1.6270 | 5 | 0.325 | 0% | [Br79,81] | NO/S | Cf70 Hypint 335 | |
| 315 | Kr | 36 | 78 | 455 | 22.9 | 14 | ps | 2+ | | | | 0.000 | #ERROR! | | | | 0.4%,E2 |
| 316 | Kr | 36 | 79 | 147 | 78.3 | 14 | ns | (5/2)- | + | 1.124 | 10 | 0.450 | 1% | [F19] | DPAD | PL 268 134[68] | |
| 317 | Kr | 36 | 80 | 616 | 8.8 | 5 | ps | 2+ | | | | 0.000 | #ERROR! | | | | 2%,E2 |
| 318 | Kr | 36 | 82 | 776 | 4.8 | 8 | ps | 2+ | | | | 0.000 | #ERROR! | | | | 12%,E2 |
| 319 | Kr | 36 | 83 | | | | | 9/2 | - | 0.970669 | 3 | 0.216 | 0% | [K39] | N,AB | PL 27A 466[68] | f |
| 320 | Kr | 36 | 83 | 9 | 147 | 4 | ns | 7/2+ | - | 0.942 | 2 | 0.269 | 0% | [Kr83] | ME | PR 178 1728[69] | M1 |
| 321 | Kr | 36 | 84 | 882 | 3.2 | 5 | ps | 2+ | | | | 0.000 | #ERROR! | | | | 57%,E2 |
| 322 | Kr | 36 | 84 | 3,234 | 1.84 | 4 | μ s | 8 | - | 1.968 | 16 | 0.246 | 1% | | SOPAD | RRou 27 1 33[82] | |
| 323 | Kr | 36 | 85 | | 10.7 | | y | 9/2 | | 1.005 | 2 | 0.223 | 0% | [Kr83] | O | ZP 141 160[55] | f |
| 324 | Rb | 37 | 78 | 103 | 6 | | m | 4 | + | 2.56 | 3 | 0.640 | 1% | | AB | NP A311 269[78] | |
| 325 | Rb | 37 | 80 | | 34 | | s | 1 | - | 0.0834 | 3 | 0.083 | 0% | | OP/RD | Cf74 Uppsala 103 | a |
| 326 | Rb | 37 | 81 | | 4.58 | | h | 3/2 | + | 2.05 | 2 | 1.367 | 1% | | AB | PR 107 723[57] | |
| 327 | Rb | 37 | 82 | 100 | 6.2 | | h | 5 | + | 1.6434 | 12 | 0.329 | 0% | | AB | PR 107 723[57] | E= |
| 328 | Rb | 37 | 83 | | 86.2 | | d | 5/2 | + | 1.43 | 2 | 0.572 | 1% | | AB | PR 107 723[57] | |
| 329 | Rb | 37 | 84 | | 32.9 | | d | 2 | - | 1.297 | 11 | 0.649 | 1% | [Rb85] | OD,OL | ZP 260 87[73] | |
| 330 | Rb | 37 | 84 | 464 | 20.5 | 2 | m | 6- | + | 3.36 | 4 | 0.560 | 1% | | AB | NP A311 269[78] | M3 |
| 331 | Rb | 37 | 85 | | | | | 5/2 | + | 1.3533505 | 9 | 0.541 | 0% | [H1] | N | JPCR 5 835[76] | |
| 332 | Rb | 37 | 85 | 514 | 957 | 14 | μ s | 9/2, 7/2+ | + | 6.160 | 45 | 1.369 | 1% | | SOPAD | NP A234 81[74] | i,M2 |
| 333 | Rb | 37 | 88 | | 18.8 | | d | 2 | - | 1.6920 | 14 | 0.846 | 0% | | AB/D | PR 123 1801[61] | |
| 334 | Rb | 37 | 87 | | 4.8E+10 | | y | 3/2 | + | 2.75124 | 1 | 1.834 | 0% | | OP | PR 174 23[68] | g |
| 335 | Rb | 37 | 88 | | 17.8 | | m | 2 | | 0.508 | 5 | 0.254 | 1% | [Rb85] | AB | PR 166 1131[68] | |
| 336 | Sr | 38 | 84 | 793 | 2.9 | 9 | ps | 2+ | | | | 0.000 | #ERROR! | | | | 0.6%,E2 |
| 337 | Sr | 38 | 84 | 3,332 | 226 | | ps | 8 | - | 1.2 | 6 | 0.150 | 50% | | TIFO | PL 105B 119[81] | |
| 338 | Sr | 38 | 86 | 1,077 | 1.7 | 3 | ps | 2+ | | | | 0.000 | #ERROR! | | | | 10%,E2 |
| 339 | Sr | 38 | 86 | 2,948 | 457 | 7 | ns | 8 | - | 1.928 | 24 | 0.241 | 1% | | DPAD | HypI 4 196[78] | |
| 340 | Sr | 38 | 86 | 2,956 | 0.46 | 3 | μ s | 8 | - | 1.944 | 32 | 0.243 | 2% | | SOPAD | NP A237 182[75] | |
| 341 | Sr | 38 | 87 | | | | | 9/2 | - | 1.09282 | 65 | 0.243 | 0% | [Na23] | OP | ZP 249 205[72] | |
| 342 | Sr | 38 | 88 | 1,836 | 146 | 14 | fs | 2+ | | | | 0.000 | #ERROR! | | | | 83%,E2 |
| 343 | Y | 39 | 86 | 243 | 29.1 | 21 | ns | 2- | - | 1.06 | 6 | 0.530 | 6% | | DPAC | Cf67 HypStr 145 | E2 |
| 344 | Y | 39 | 87 | 381 | 12.7 | 2 | h | 9/2+ | + | 6.10 | 32 | 1.356 | 52% | | NO/S | PR C17 1 287[78] | M4 |
| 345 | Y | 39 | 88 | 675 | 13.9 | 2 | ms | 8+ | + | 4.87 | 5 | 0.609 | 1% | | DPAD | PR C21 1670[80] | E3 |
| 346 | Y | 39 | 89 | | | | | 1/2 | - | 0.1374153 | 3 | 0.275 | 0% | [H2] | N | ZP A280 117[77] | |
| 347 | Y | 39 | 90 | | 64.1 | | h | 2 | - | 1.630 | 8 | 0.815 | 0% | [Y89] | AB | PR 125 284[62] | |
| 348 | Y | 39 | 90 | 203 | 250 | 7 | ps | 3- | - | 0.852 | 69 | 0.284 | 8% | | IPAC | NP A224 [74] | h,E2,M1 |
| 349 | Y | 39 | 91 | | 58.5 | | d | 1/2 | | 0.1641 | 8 | 0.328 | 0% | [Y89] | AB | PR 128 1740[62] | |
| 350 | Zr | 40 | 88 | 2,889 | 1,320 | 25 | ns | 8+ | - | 1.811 | 16 | 0.226 | 1% | | DPAD | HypI 4 196[78] | |
| 351 | Zr | 40 | 90 | 2,186 | 93 | 5 | fs | 2+ | | | | 0.000 | #ERROR! | | | | 51%,E2 |
| 352 | Zr | 40 | 90 | 3,589 | 134 | 4 | ns | 8+ | | 10.85 | 3 | 1.356 | 0% | | DPAC | HypI 4 196[78] | |
| 353 | Zr | 40 | 90 | 3,589 | 135 | 3 | ns | 8+ | + | 10.91 | 15 | 1.364 | 1% | | DPAD | SJap 66 39[72] | i,E2,E3 |
| 354 | Zr | 40 | 91 | | | | | 5/2 | - | 1.30362 | 2 | 0.521 | 0% | [H2] | N | PR 105 1929[57] | |
| 355 | Zr | 40 | 91 | 2,288 | 29.1 | 8 | ns | (15/2)- | + | 5.25 | 8 | 0.700 | 2% | | DPAD | NP A257 135[78] | i,M1 |
| 356 | Zr | 40 | 92 | 934 | 5 | 0.4 | ps | 2+ | - | 0.06 | 10 | 0.030 | 167% | | IMPAC | PR C22 1065[80] | 17%,E2 |

| | EI | Z | A | E (keV) | T(1/2) | ΔT | U | Spin | σμ | Moment μ | Δμ | g | Δg % | Ref. | Method | Reference | Note |
|-----|----|----|-----|---------|---------|-----|----|--------|-----|----------|-----|-------|---------|---------|---------|-------------------|--------------|
| 357 | Zr | 40 | 94 | 919 | 7.7 | 8 | ps | 2+ | - | 0.52 | 12 | 0.260 | 23% | | IMPAC | PR C22 1065[80] | 17%,E2 |
| 358 | Zr | 40 | 96 | 1,761 | 0.29 | 12 | ps | 2+ | - | | | 0.000 | #ERROR! | | | | 3%,E2 |
| 359 | Zr | 40 | 97 | 1,264 | 102 | 3 | ns | 7/2+ | + | 1.36 | 14 | 0.389 | 10% | | DPAC | PL 156B 159[85] | |
| 360 | Zr | 40 | 100 | 212 | 0.714 | 30 | ns | 2 | + | 0.44 | 10 | 0.220 | 23% | | IPAC | PL 97B 195[80] | |
| 361 | Nb | 41 | 90 | | 14.6 | | h | 8 | | 4.941 | 4 | 0.618 | 0% | | N/RD | Cf74 Amstdm1 138 | |
| 362 | Nb | 41 | 90 | 122 | 63 | 2 | μs | 6+ | + | 3.720 | 24 | 0.620 | 1% | | DPAD | PL 58B 43[75] | I,E2 |
| 363 | Nb | 41 | 90 | 1,881 | 4.77 | 8 | ns | 11- | | 8.68 | 3 | 0.789 | 0% | | DPAD | Hyp1 4 196[78] | |
| 364 | Nb | 41 | 91 | 1,985 | 10 | 0.4 | ns | 13/2 | + | 8.19 | 26 | 1.260 | 3% | | DPAD | NP A257 135[76] | I |
| 365 | Nb | 41 | 91 | 2,035 | 3.4 | 1 | μs | 17/2+ | + | 10.82 | 14 | 1.273 | 1% | | DPAD | Hyp1 4 196[78] | |
| 366 | Nb | 41 | 91 | 2,035 | 3.76 | 12 | μs | 17/2 | + | 10.81 | 15 | 1.272 | 1% | | DPAD | RRou 24 661[79] | |
| 367 | Nb | 41 | 91 | 3,467 | 0.92 | 10 | ns | 21/2 | + | 12 | 2 | 1.143 | 17% | | IPAD | APPo B8 147[77] | |
| 368 | Nb | 41 | 92 | 135 | 10.15 | | d | 2 | | 6.114 | 12 | 3.057 | 0% | | N/RD | Hyp1 2 45[76] | a |
| 369 | Nb | 41 | 92 | 225 | 4.3 | 5 | μs | 2 | - | 1.398 | 14 | 0.699 | 1% | | SOPAD | NP A221 319[74] | h,E1 |
| 370 | Nb | 41 | 92 | 2,203 | 167 | 4 | ns | 11 | + | 9.68 | 33 | 0.880 | 3% | | DPAD | PR C15 2044[77] | |
| 371 | Nb | 41 | 93 | | | | | 9/2 | + | 6.1705 | 3 | 1.371 | 0% | [Sc45] | N/O | PR 82 651[51] | |
| 372 | Nb | 41 | 95 | | 35.2 | | d | 9/2+ | | 6.142 | 4 | 1.365 | 0% | | N/O/S | NP A451 46[86] | |
| 373 | Nb | 41 | 95 | | 35 | | d | 9/2 | | 6.123 | 12 | 1.361 | 0% | | N/RD | Hyp1 2 299[76] | |
| 374 | Nb | 41 | 96 | | 23.4 | | h | 6+ | | 4.976 | 4 | 0.829 | 0% | | N/O/S | NP A451 46[89] | |
| 375 | Nb | 41 | 97 | | 72 | | m | 9/2 | | 7.3 | 14 | 1.622 | 19% | [Nb95] | N/O/S | PR C13 831[76] | I |
| 376 | Mo | 42 | 90 | 2,875 | 1,140 | 50 | ns | 8+ | - | 1.391 | 14 | 0.174 | 1% | | DPAD | Hyp1 4 196[78] | |
| 377 | Mo | 42 | 91 | 2,267 | 47 | 1 | ns | 21/2+ | | 8.98 | 9 | 0.855 | 1% | | DPAD | Hyp1 4 196[78] | |
| 378 | Mo | 42 | 91 | 2,267 | 40 | 4 | ns | 21/2 | + | 8.81 | 8 | 0.839 | 1% | | DPAD | PR C27 1532[83] | E= |
| 379 | Mo | 42 | 91 | 2,279 | 38 | 4 | ns | 17/2 | + | 4.51 | 6 | 0.531 | 1% | | DPAD | PR C27 1532[83] | E= |
| 380 | Mo | 42 | 92 | 1,509 | 402 | 28 | fs | 2+ | | | | 0.000 | #ERROR! | | | | 15%,E2 |
| 381 | Mo | 42 | 92 | 2,760 | 214 | 5 | ns | | | 11.3 | 5 | 0.000 | #ERROR! | | DPAD | Hyp1 4 196[78] | |
| 382 | Mo | 42 | 92 | 2,760 | 196 | 7 | ns | 8 | + | 11.35 | 15 | 1.419 | 1% | | DPAD | SJap 66 39[72] | I,E2 |
| 383 | Mo | 42 | 92 | 4,486 | 9.2 | 5 | ns | 11- | | 13.88 | 24 | 1.262 | 2% | | DPAD | Hyp1 4 196[78] | |
| 384 | Mo | 42 | 93 | 2,425 | 6.8 | 7 | h | 21/2+ | (+) | 9.21 | 20 | 0.877 | 2% | | N/RD | PR C8 315[73] | E4 |
| 385 | Mo | 42 | 94 | 871 | 2.58 | 13 | ps | 2+ | | | | 0.000 | #ERROR! | | | | 9%,E2 |
| 386 | Mo | 42 | 94 | 2,956 | 98 | 2 | ns | 8+ | + | 10.54 | 12 | 1.318 | 1% | | DPAD | ZP A273 157[75] | I,E2 |
| 387 | Mo | 42 | 95 | | | | | 5/2 | - | 0.9142 | 1 | 0.366 | 0% | [Mo97] | N | PR B1 20[51] | |
| 388 | Mo | 42 | 95 | 204 | 769 | 7 | ps | 3/2+ | - | 0.404 | 12 | 0.269 | 3% | | IPAC | ZP A317 107[84] | E2,M1 |
| 389 | Mo | 42 | 95 | 204 | 769 | 7 | ps | 3/2+ | - | 0.369 | 15 | 0.246 | 4% | | IPAC | PScr 14 260[76] | E2 |
| 390 | Mo | 42 | 96 | 778 | 2.63 | 28 | ps | 2+ | | | | 0.000 | #ERROR! | | | | 17%,E2 |
| 391 | Mo | 42 | 97 | | | | | 5/2 | - | 0.9335 | 1 | 0.373 | 0% | [N14] | N | PR B1 20[51] | |
| 392 | Mo | 42 | 98 | 787 | 3.11 | 14 | ps | 2+ | + | 0.68 | 36 | 0.340 | 53% | | IMPAC | NP A133 310[69] | 24%,E2 |
| 393 | Mo | 42 | 99 | 98 | 15.6 | 2 | μs | 5/2+ | - | 0.775 | 5 | 0.310 | 1% | | DPAD | PR C18 2494[78] | E2 |
| 394 | Mo | 42 | 100 | 535 | 12.2 | 6 | ps | 2+ | + | 0.68 | 36 | 0.340 | 53% | | IMPAC | NP A113 310[69] | 10%,E2 |
| 395 | Mo | 42 | 102 | 296 | 114 | 13 | ps | 2+ | + | 0.84 | 14 | 0.420 | 17% | | IPAC | ZP A321 593[85] | E2 |
| 396 | Mo | 42 | 104 | 192 | 0.91 | 3 | ns | 2+ | + | 0.38 | 23 | 0.190 | 61% | | IPAC | ZP A321 593[85] | |
| 397 | Tc | 43 | 93 | | 2.7 | | h | 9/2 | | 6.15 | 74 | 1.367 | 12% | | N/O/S | Hyp1 2 297[76] | |
| 398 | Tc | 43 | 93 | 2,185 | 10.1 | 3 | μs | 17/2- | | 10.46 | 25 | 1.231 | 2% | | DPAD | Hyp1 4 196[78] | |
| 399 | Tc | 43 | 93 | 2,185 | 10.5 | 7 | μs | 17/2- | | 11.06 | 13 | 1.301 | 1% | | SOPAD | Cf74 Amstdm1 94 | a,n,E3,E2,M2 |
| 400 | Tc | 43 | 94 | | 293 | | m | 7 | | 5.20 | 25 | 0.743 | 481% | | N/O/S | Hyp1 2 297[76] | |
| 401 | Tc | 43 | 95 | | 20 | | h | 9/2 | | 9.058 | 140 | 2.013 | 2% | | N/RD | Cf74 Amstdm1 139 | |
| 402 | Tc | 43 | 96 | | 4.3 | | d | 7 | + | 5.37 | 17 | 0.767 | 3% | | N/RD | Hfpl 1 183[75] | |
| 403 | Tc | 43 | 99 | | 214,000 | | y | 9/2 | + | 5.6847 | 4 | 1.263 | 0% | [H2] | N | PR 85 479[52] | |
| 404 | Tc | 43 | 99 | 141 | 195 | 10 | ps | 7/2+ | | 3.60 | 88 | 1.029 | 24% | [Tc99] | ME | JPAL 6 L144[73] | E2,M1 |
| 405 | Tc | 43 | 99 | 181 | 3.59 | 7 | ns | 5/2+ | + | 3.291 | 63 | 1.316 | 2% | | DPAC | ZP 243 166[71] | E2,M1 |
| 406 | Ru | 44 | 93 | 2,082 | 2.6 | 3 | μs | 21/2+ | + | 8.92 | 2 | 0.850 | 0% | | DPAD | Hyp1 15 65[83] | |
| 407 | Ru | 44 | 93 | 2,279 | 35 | 4 | ns | 17/2- | + | 4.3 | 2 | 0.506 | 5% | | DPAD | Hyp1 15 65[83] | |
| 408 | Ru | 44 | 94 | 2,498 | 6.5 | 2 | ns | 6+ | | 8.12 | 5 | 1.353 | 1% | | DPAD | Hyp1 4 196[78] | |
| 409 | Ru | 44 | 94 | 2,643 | 68 | 10 | μs | 8+ | | 11.1 | 4 | 1.388 | 0% | | DPAD | Hyp1 4 196[78] | |
| 410 | Ru | 44 | 95 | 2,279 | 8.3 | 10 | ns | (17/2) | + | 7.01 | 14 | 0.825 | 2% | [F19] | DPAD | IZF 40 1253[76] | |
| 411 | Ru | 44 | 96 | 833 | 2.64 | 31 | ps | 2+ | | | | 0.000 | #ERROR! | | | | 6%,E2 |
| 412 | Ru | 44 | 97 | | 2.88 | | d | 5/2 | | 0.687 | 27 | 0.275 | 4% | | N/O/S | PR C14 1183[76] | |
| 413 | Ru | 44 | 97 | | 2.9 | | d | 5/2+ | | 0.788 | 8 | 0.315 | 1% | | N/O/S | PR C32 1707[85] | |
| 414 | Ru | 44 | 97 | 2,739 | | | | 21/2 | + | 9.2 | 8 | 0.876 | 9% | | DPAD | RRou 27 731[82] | T |
| 415 | Ru | 44 | 98 | 652 | 5.9 | 5 | ps | 2+ | + | 0.78 | 60 | 0.390 | 77% | | IMPAC,R | PR C9 1954[74] | 2%,E2 |
| 416 | Ru | 44 | 99 | | | | | 5/2 | - | 0.6413 | 51 | 0.257 | 1% | | AB/D | ZP A280 217[77] | |
| 417 | Ru | 44 | 99 | 90 | 20.7 | 2 | ns | 3/2+ | - | 0.284 | 6 | 0.189 | 2% | | DPAC | PR 139 B532[65] | E2,M1 |
| 418 | Ru | 44 | 100 | 540 | 10.8 | 8 | ps | 2+ | + | 0.94 | 30 | 0.470 | 32% | | IMPAC,R | PR C9 1954[74] | 13%,E2 |
| 419 | Ru | 44 | 101 | | | | | 5/2 | - | 0.7188 | 60 | 0.288 | 1% | | AB/D | ZP A280 217[77] | |
| 420 | Ru | 44 | 101 | 127 | 0.56 | 2 | ns | 3/2+ | - | 0.311 | 26 | 0.207 | 8% | | IPAC | PL 23 367[66] | E2,M1 |
| 421 | Ru | 44 | 101 | 127 | 0.56 | 2 | ns | 3/2+ | - | 2.36 | 12 | 1.573 | 1% | | IPAC | ZP A317 107[84] | E2,M1 |
| 422 | Ru | 44 | 102 | 475 | 18.78 | 7 | ps | 2+ | + | 0.62 | 24 | 0.310 | 39% | | IMPAC,R | PR C9 1954[74] | 32%,E2 |
| 423 | Ru | 44 | 103 | | 39.4 | | d | 5/2 | | 0.67 | 11 | 0.268 | 16% | | N/O/S | PR C14 1183[76] | |
| 424 | Ru | 44 | 104 | 358 | 53 | 3 | ps | 2+ | + | 0.82 | 10 | 0.410 | 12% | | IMPAC,R | PR C9 1954[74] | 19%,E2 |
| 425 | Ru | 44 | 105 | | 4.44 | | h | (3/2) | < | 0.3 | | 0.200 | 0% | | N/O/S | PR C14 1183[76] | Δμ |
| 426 | Rh | 45 | 95 | 2,236 | 19 | 1 | ns | 17/2- | + | 10.88 | 34 | 1.280 | 3% | | DPAD | Hyp1 15 65[83] | |
| 427 | Rh | 45 | 99 | 65 | 4.7 | | h | 9/2 | | 5.668 | 12 | 1.260 | 0% | | N/O/S | PR C32 1707[85] | |
| 428 | Rh | 45 | 100 | 75 | 214.5 | 20 | ns | 2+ | | 4.324 | 8 | 2.162 | 0% | | DPAC | NIM 45 309[66] | I,E1 |
| 429 | Rh | 45 | 101 | 157 | 4.34 | 1 | d | 9/2+ | | 5.475 | 12 | 1.217 | 0% | | N/O/S | PS C32 1707[85] | M4 |
| 430 | Rh | 45 | 101 | 157 | 4.34 | 1 | d | 9/2+ | + | 5.51 | 9 | 1.224 | 2% | | N/RD | Hyp1 2 45[76] | M4 |
| 431 | Rh | 45 | 102 | | 2.9 | | y | (6) | | 4.11 | 15 | 0.685 | 4% | | N/O/S | NP A243 309[75] | |
| 432 | Rh | 45 | 102 | 70 | 206 | | d | (2) | | 0.45 | 35 | 0.225 | 78% | | N/O/S | NP A243 309[75] | E< |
| 433 | Rh | 45 | 103 | | | | | 1/2 | - | 0.08840 | 2 | 0.177 | 0% | [H2] | N | PR 98 1316[55] | I |
| 434 | Rh | 45 | 103 | 40 | 56.14 | 7 | m | 7/2+ | + | 4.78 | 10 | 1.366 | 2% | | N/RD | Cf74 Uppsala 110 | E3 |
| 435 | Rh | 45 | 103 | 93 | 1.11 | 7 | ns | 9/2+ | + | 4.85 | 76 | 1.078 | 16% | | IPAC | PScr 8 90[73] | M1 |
| 436 | Rh | 45 | 103 | 295 | 6.7 | 5 | ps | 3/2- | | 0.97 | 29 | 0.647 | 30% | [Ru104] | RIGV | JPJS 34 107[73] | I,E2,M1 |
| 437 | Rh | 45 | 103 | 357 | 73 | 5 | ps | 5/2- | + | 1.30 | 2 | 0.520 | 15% | | IMPAC | Cf Uppsala 62 | E2,M1 |
| 438 | Rh | 45 | 105 | | 35.4 | | h | (7/2) | | 4.61 | 16 | 1.317 | 3% | | N/O/S | PR C14 1183[76] | |
| 439 | Pd | 46 | 96 | 3,000 | 2.2 | 3 | μs | 8 | + | 10.97 | 6 | 1.371 | 1% | | SOPAD | PL 120B 63[83] | E= |
| 440 | Pd | 46 | 102 | 557 | 11.3 | 8 | ps | 2+ | + | 0.82 | 8 | 0.410 | 10% | | IMPAC | PR C21 574[80] | 1%,E2 |
| 441 | Pd | 46 | 104 | 556 | 9.9 | 1 | ps | 2+ | + | 0.92 | 8 | 0.460 | 9% | | IMPAC | PR C21 574[80] | 11%,E2 |
| 442 | Pd | 46 | 105 | | | | | 5/2 | - | 0.642 | 3 | 0.257 | 0% | | N | PR 136 A1119[64] | I |
| 443 | Pd | 46 | 105 | 280 | 67 | 14 | ps | 3/2+ | - | 0.074 | 13 | 0.049 | 18% | | IPAC | ZP A302 3 223[81] | E2 |
| 444 | Pd | 46 | 105 | 319 | 40 | 10 | ps | 5/2+ | + | 0.95 | 20 | 0.380 | 21% | | IPAC | ZP A302 3 223[81] | E2 |
| 445 | Pd | 46 | 105 | 645 | 91 | 10 | ps | 7/2- | - | 1.49 | 9 | 0.426 | 6% | | IPAC | Z | |

| | El | Z | A | E (keV) | T(1/2) | ΔT | U | SpIn | σ_{μ} | Moment μ | $\Delta \mu$ | g | Δg % | Ref. | Method | Reference | Note |
|-----|----|----|-----|---------|--------|------------|---------|-------|----------------|--------------|--------------|-------|--------------|---------|---------------|-------------------|-----------------------|
| 446 | Pd | 46 | 106 | 512 | 11.3 | 6 | ps | 2+ | | +0.796 | 42 | 0.398 | 5% | | IMPAC | PR C21 574[80] | 27%,E2 |
| 447 | Pd | 46 | 106 | 1,128 | 2.98 | 48 | ps | 2+ | | +0.77 | 23 | 0.385 | 30% | | IPAC | JPJa 29 1111[70] | E2,M1 |
| 448 | Pd | 46 | 108 | 434 | 24 | 2 | ps | 2+ | | +0.72 | 6 | 0.360 | 8% | | IMPAC | PR C21 574[80] | 27%,E2 |
| 449 | Pd | 46 | 110 | 374 | 43 | 3 | ps | 2+ | | +0.62 | 6 | 0.310 | 10% | | IMPAC | PR C21 574[80] | 12%,E2 |
| 450 | Ag | 47 | 102 | 9 | 7.7 | 5 | m | 2+ | | +4.14 | 25 | 2.070 | 6% | [Ag107] | AB | PR C9 2028[74] | M3 |
| 451 | Ag | 47 | 103 | 1.1 | | | h | 7/2 | | +4.47 | 5 | 1.277 | 1% | | AB/D | PSer 1 238[70] | |
| 452 | Ag | 47 | 104 | 69 | | | m | 5 | | +4.0 | | 0.802 | 0% | [Ag107] | AB | PR 123 1793[61] | $\Delta \mu = +2, -1$ |
| 453 | Ag | 47 | 104 | 15 | 33 | | m | 2 | | +3.7 | 2 | 1.850 | 5% | [Ag107] | AB | PR 123 1793[61] | E< |
| 454 | Ag | 47 | 105 | 41.3 | | | d | 1/2 | | 0.1014 | 10 | 0.203 | 1% | [Ag107] | AB | PR 129 1617[63] | |
| 455 | Ag | 47 | 105 | 1,734 | 6.03 | 28 | ns | 15/2+ | | +3.73 | 14 | 0.497 | 4% | | DPAD | IzF 44 1 171[80] | E2 |
| 456 | Ag | 47 | 106 | 24 | | | m | 1 | | +2.85 | 20 | 2.850 | 7% | [Ag107] | AB | PR C9 2028[74] | |
| 457 | Ag | 47 | 106 | 88 | 8.5 | | d | 6 | | 3.71 | 15 | 0.618 | 4% | [Ag110] | NO/S | PR C14 2016[76] | |
| 458 | Ag | 47 | 107 | | | | | 1/2 | | -0.1136796 | 2 | 0.227 | 0% | [H2] | N | ZNat 29a 1763[74] | |
| 459 | Ag | 47 | 107 | 93 | 45.2 | 2 | s | 7/2+ | (+) | 4.398 | 5 | 1.257 | 0% | | NO/S | PR C31 190[85] | E3 |
| 460 | Ag | 47 | 107 | 325 | 5.1 | 6 | ps | 3/2- | | +1.05 | 14 | 0.700 | 13% | | IMPAC | NuoC 84A 106[84] | E2,M1 |
| 461 | Ag | 47 | 107 | 325 | 5.1 | 6 | ps | 3/2- | | 0.87 | 30 | 0.580 | 34% | [Pd110] | RIGV | JPJS 34 107[73] | i,E2,M1 |
| 462 | Ag | 47 | 107 | 423 | 35 | 4 | ps | 5/2- | | 1.23 | 46 | 0.492 | 37% | [Pd110] | RIGV | JPJS 34 107[73] | i,E2,M1 |
| 463 | Ag | 47 | 107 | 423 | 35 | 4 | ps | 5/2- | | +1.13 | 15 | 0.452 | 13% | | IMPAC | NuoC 84A 106[84] | E2,M1 |
| 464 | Ag | 47 | 108 | 2.4 | | | m | 1 | | +2.6884 | 7 | 2.688 | 0% | [Li8] | N/RD | NP A261 261[76] | |
| 465 | Ag | 47 | 108 | 110 | 127 | 21 | y | (6+) | | 3.58 | 2 | 0.597 | 1% | [Ag110] | O | ZP A274 79[75] | M4 |
| 466 | Ag | 47 | 108 | 215 | 45.8 | 7 | ns | (2,3) | g=+ | 1.295 | 6 | 1.295 | 0% | [F19] | DPAD | NP A229 72[74] | I |
| 467 | Ag | 47 | 109 | | | | | 1/2 | | -0.1306905 | 2 | 0.261 | 0% | [H2] | N | ZNat 29a 1763[74] | |
| 468 | Ag | 47 | 109 | 88 | 39.6 | 2 | s | 7/2+ | | +4.27 | 13 | 1.220 | 3% | | AB/D | CJP 49 906[71] | E3 |
| 469 | Ag | 47 | 109 | 311 | 5.9 | 7 | ps | 3/2- | | 0.95 | 32 | 0.633 | 34% | [Pd110] | RIGV | JPJS 34 107[73] | i,E2,M1 |
| 470 | Ag | 47 | 109 | 311 | 5.9 | 7 | ps | 3/2- | | +1.18 | 18 | 0.787 | 15% | | IMPAC | NuoC 84A 106[84] | E2,M1 |
| 471 | Ag | 47 | 109 | 415 | 45 | 2 | ps | 5/2- | | +0.90 | 15 | 0.360 | 17% | | IMPAC | NuoC 84A 106[84] | E2,M1 |
| 472 | Ag | 47 | 109 | 415 | 45 | 2 | ps | 5/2- | | 0.95 | 32 | 0.380 | 34% | [Pd110] | RIGV | JPJS 34 107[73] | i,E2,M1 |
| 473 | Ag | 47 | 110 | 24.4 | | | s | 1 | | 2.7271 | 8 | 2.727 | 0% | [Ag108] | N/RD | NP A261 261[76] | |
| 474 | Ag | 47 | 110 | 110 | 250.9 | 7 | d | 6+ | | +3.607 | 4 | 0.601 | 0% | | AB/D | PR 154 1142[67] | M4 |
| 475 | Ag | 47 | 110 | 119 | 37 | 5 | ns | 3+ | | +3.726 | 36 | 1.242 | 1% | [F19] | DPAD | JPJa 41 1830[76] | i,E1 |
| 476 | Ag | 47 | 111 | 7.45 | | | d | 1/2 | | -0.146 | 2 | 0.292 | 1% | [Ag109] | AB | PPSL 69A 581[56] | |
| 477 | Ag | 47 | 112 | 3.14 | | | h | 2 | | 0.0547 | 5 | 0.027 | 1% | [Ag109] | AB | PR 133 B1138[64] | |
| 478 | Ag | 47 | 113 | 5.37 | | | h | 1/2 | | 0.159 | 2 | 0.318 | 1% | [Ag109] | AB | PR 133 B1138[64] | |
| 479 | Cd | 48 | 105 | 56 | | | m | 5/2 | | -0.7393 | 2 | 0.296 | 0% | [Cd109] | OD | PR 177 1615[69] | |
| 480 | Cd | 48 | 106 | 633 | 6.5 | 2 | ps | 2+ | | +0.8 | 2 | 0.400 | 25% | | IMPAC | PR C21 574[80] | 1.2%,E2 |
| 481 | Cd | 48 | 106 | 4,660 | | | | 12+ | | +8.88 | 2 | 0.740 | 2% | | DPAD | YadF 44 547[86] | T |
| 482 | Cd | 48 | 107 | 6.5 | | | h | 5/2 | | -0.615055 | 1 | 0.246 | 0% | [Cd111] | OPN | PL 42A 273[72] | |
| 483 | Cd | 48 | 107 | 846 | 67 | 6 | ns | 11/2 | | -1.015 | 22 | 0.201 | 2% | | DPAC | IzF 40 1 41[76] | |
| 484 | Cd | 48 | 107 | 2,679 | 55 | 4 | ns | 21/2 | | 6.5 | 12 | 0.619 | 18% | | DPAC | IzF 40 1 41[76] | |
| 485 | Cd | 48 | 107 | 2,679 | 55 | 4 | ns | 21/2+ | | +9.20 | 16 | 0.876 | 2% | | DPAD | IzF 40 1249[76] | a,E1 |
| 486 | Cd | 48 | 108 | 633 | 6.45 | 7 | ps | 2+ | | +0.68 | 18 | 0.340 | 26% | | IMPAC | PR C21 574[80] | 0.9%,E2 |
| 487 | Cd | 48 | 109 | 453 | | | d | 5/2 | | -0.827846 | 2 | 0.331 | 0% | [Cd111] | OPN | PL 42A 273[72] | |
| 488 | Cd | 48 | 109 | 463 | 10.6 | 10 | μ s | 11/2- | | -1.006 | 2 | 0.183 | 0% | | SOPAD | Cf70 Hypint 356 | M2 |
| 489 | Cd | 48 | 110 | 658 | 5.34 | 4 | ps | 2+ | | +0.57 | 11 | 0.285 | 19% | | IMPAC | PR C21 574[80] | 12%,E2 |
| 490 | Cd | 48 | 111 | | | | | 1/2 | | 0.595542 | 2 | 1.191 | 0% | [H2] | N | ZP 266 233[74] | |
| 491 | Cd | 48 | 111 | 245 | 85.1 | 7 | ns | 5/2+ | | -0.7656 | 25 | 0.306 | 0% | | DPAC | ZP 270 203[74] | E2 |
| 492 | Cd | 48 | 111 | 396 | 48.6 | 3 | m | 11/2- | | -1.1051 | 4 | 0.201 | 0% | [Cd109] | OD | PR 177 1615[69] | E3 |
| 493 | Cd | 48 | 112 | 617 | 6.52 | 6 | ps | 2+ | | +0.64 | 16 | 0.320 | 25% | | IMPAC | PR C21 574[80] | 24%,E2 |
| 494 | Cd | 48 | 113 | 9E+15 | | | y | 1/2 | | 0.6223005 | 9 | 1.245 | 0% | [Cd111] | OPN | PL 42A 273[72] | |
| 495 | Cd | 48 | 113 | 264 | 13.6 | 2 | y | 11/2- | | -1.087783 | 2 | 0.198 | 0% | [Cd111] | OPN | PL 29A 103[69] | E5 |
| 496 | Cd | 48 | 114 | 558 | 10.2 | 1 | ps | 2+ | | +0.58 | 14 | 0.290 | 24% | | IMPAC | PR C21 574[80] | 29%,E2 |
| 497 | Cd | 48 | 115 | 53.4 | | | h | 1/2 | | -0.648425 | 1 | 1.297 | 0% | [Cd111] | OPN | PL 29A 103[69] | |
| 498 | Cd | 48 | 115 | 173 | 44.8 | | d | 11/2 | | -1.041034 | 2 | 0.189 | 0% | [Cd111] | OPN | PL 29A 103[69] | |
| 499 | Cd | 48 | 116 | 514 | 14.28 | 14 | ps | 2+ | | +0.60 | 14 | 0.300 | 23% | | IMPAC | PR C21 574[80] | 7%,E2 |
| 500 | In | 49 | 109 | 4.2 | | | h | 9/2 | | +5.53 | 6 | 1.229 | 1% | [In115] | AB | UCRL-8721[59] | e |
| 501 | In | 49 | 110 | 0 | 69 | | m | 2 | | +4.365 | 4 | 2.183 | 0% | [In113] | AB | Th68 Casserb | E= |
| 502 | In | 49 | 110 | 0 | 4.9 | | h | 7 | | 5.2 | 3 | 0.743 | 1% | [In111] | NO/S | HypI 2 306[78] | i,E= |
| 503 | In | 49 | 111 | 2.83 | | | d | 9/2 | (+) | 5.504 | 10 | 1.223 | 0% | | N | PR C24 222[81] | |
| 504 | In | 49 | 111 | 2.83 | | | d | 9/2 | | +5.53 | 6 | 1.229 | 1% | [In115] | AB | UCRL-8721[59] | e |
| 505 | In | 49 | 111 | 2,717 | 13.3 | 4 | ns | 21/2 | | +4.9 | 2 | 0.467 | 4% | | DPAD | ZP A301 137[81] | |
| 506 | In | 49 | 112 | 14.4 | | | m | 1 | | +2.82 | 3 | 2.820 | 1% | [In113] | AB | Th68 Casserb | |
| 507 | In | 49 | 112 | 343 | 0.69 | 5 | μ s | 6 | | +4.056 | 36 | 0.676 | 1% | | DPAD | NP A272 1[76] | I |
| 508 | In | 49 | 112 | 606 | 2.81 | 3 | μ s | (8-) | | +3.080 | 32 | 0.385 | 1% | | DPAD | NP A272 1[76] | i,M2 |
| 509 | In | 49 | 113 | | | | | 9/2 | | +5.5289 | 2 | 1.229 | 0% | [In115] | N | PR 106 953[57] | |
| 510 | In | 49 | 113 | 392 | 99.1 | 2 | m | 1/2- | | -0.21074 | 2 | 0.421 | 0% | [In115] | AB | PR 118 1578[60] | M4 |
| 511 | In | 49 | 114 | 71.9 | | | s | 1 | | +1.7 | 4 | 1.700 | 24% | | NO/S | ZETF 43 828[62] | |
| 512 | In | 49 | 114 | 190 | 49.5 | 7 | d | 5+ | | +4.7 | 1 | 0.940 | 2% | | AB | PR 108 1524[57] | E4 |
| 513 | In | 49 | 115 | 5.1E+14 | | | y | 9/2 | | +5.5408 | 2 | 1.231 | 0% | [H1] | N | PPSL 76 301[60] | |
| 514 | In | 49 | 115 | 336 | 4.3 | 1 | h | 1/2- | | -0.24398 | 5 | 0.488 | 0% | [In115] | AB | CJP 40 931[62] | M4 |
| 515 | In | 49 | 115 | 828 | 5.4 | 2 | ns | 3/2+ | | +0.80 | 14 | 0.533 | 18% | | IPAC | NP A222 168[74] | E1 |
| 516 | In | 49 | 116 | 14.1 | | | s | 1 | | 2.7867 | 8 | 2.787 | 0% | | N/RD | ZP 252 242[72] | |
| 517 | In | 49 | 116 | 127 | 54.1 | | m | 5 | | +4.4 | 1 | 0.880 | 2% | | AB | PR 108 1524[57] | |
| 518 | In | 49 | 117 | 315 | 1.94 | 1 | h | 1/2- | | -0.25174 | 3 | 0.503 | 0% | [In115] | AB | CJP 46 177[68] | M4 |
| 519 | In | 49 | 117 | 589 | 192 | 16 | ps | 3/2- | | +0.102 | 58 | 0.068 | 57% | | IPAC | ZP A320 425[85] | M1 |
| 520 | In | 49 | 117 | 660 | 58.7 | 20 | ns | 3/2+ | | 0.938 | 10 | 0.625 | 1% | | DPAC | Pram 7 190[76] | E1 |
| 521 | Sn | 50 | 111 | 979 | 9.2 | 10 | ns | 11/2- | | -1.26 | 11 | 0.229 | 9% | | DPAD | PR C10 1414[74] | M2 |
| 522 | Sn | 50 | 112 | 13.2 | | | d | ns | 6+ | +0.534 | 40 | 0.089 | 7% | | DPAD | YadF 37 798[83] | |
| 523 | Sn | 50 | 112 | 1,257 | 390 | 10 | fs | 2+ | | +0.74 | 26 | 0.370 | 35% | | IMPAC | PR C22 97[80] | 1%,E2 |
| 524 | Sn | 50 | 112 | 2,549 | 13.9 | 2 | ns | 6+ | | +0.24 | 18 | 0.040 | 75% | | DPAD | ZP A301 137[81] | E2 |
| 525 | Sn | 50 | 113 | 115.1 | | | d | 1/2 | | 0.880 | 9 | 1.760 | 1% | [Sn119] | AB | PR 181 1665[69] | g |
| 526 | Sn | 50 | 113 | 739 | 82.1 | 17 | ns | 11/2 | | -1.298 | 22 | 0.236 | 2% | | DPAD | IzF 45 83[81] | |
| 527 | Sn | 50 | 114 | 1,300 | 298 | 62 | fs | 2+ | g=0 | 0 | 1 | 0.000 | #ERROR! | IMPAC | PR C22 97[80] | 0.7%,E2 | |
| 528 | Sn | 50 | 114 | 3,088 | 728 | 14 | ns | 7- | | -0.567 | 21 | 0.081 | 4% | | DPAD | JPJS 34 262[73] | i,E2 |
| 529 | Sn | 50 | 115 | | | | | 1/2 | | -0.91883 | 7 | 1.838 | 0% | [Na23] | N | PR 79 35[50] | f |
| 530 | Sn | 50 | 115 | 613 | 3.26 | 8 | μ s | 7/2+ | | +0.683 | 10 | 0.195 | 1% | | DPAD | RRou 20 141[75] | h,E2 |
| 531 | Sn | 50 | 115 | 714 | 159 | 1 | μ s | 11/2- | | -1.378 | 11 | 0.251 | 1% | | DPAD | RRou 20 141[75] | h,M2 |
| 532 | Sn | 50 | 116 | 1,294 | 362 | 10 | fs | 2+ | | +0.32 | 2 | 0.160 | 6% | | IMPAC | PR C22 97[80] | 15 |

| | El | Z | A | E (keV) | T(1/2) | ΔT | U | Spin | σ_{μ} | Moment μ | $\Delta\mu$ | g | Δg % | Ref. | Method | Reference | Note |
|-----|----|----|-----|---------|--------|------------|---------|-----------|----------------|--------------|-------------|-------|--------------|---------|--------|-------------------|---------------------------|
| 535 | Sn | 50 | 117 | | | | | 1/2 | - | 1.00104 | 7 | 2.002 | 0% | [Na23] | N | PR 79 35[50] | f |
| 536 | Sn | 50 | 117 | 159 | 279 | 9 | ps | 3/2+ | + | 0.66 | 5 | 0.440 | 8% | | IPAC | ZP A325 281[88] | E2,M1 |
| 537 | Sn | 50 | 117 | 159 | 279 | 9 | ps | 3/2+ | + | 0.68 | | 0.453 | 49% | | DPAC | ZP 254 142[72] | $\Delta\mu=+22,-45,E2,M1$ |
| 538 | Sn | 50 | 118 | 1,230 | 485 | 21 | fs | 2+ | + | 0.04 | 18 | 0.020 | 450% | | IMPAC | PR C22 97[80] | 24%,E2 |
| 539 | Sn | 50 | 118 | 2,321 | 21.7 | 2 | ns | 5- | - | 0.342 | 35 | 0.068 | 10% | | IPAC | ZP 168 370[62] | E1,E3 |
| 540 | Sn | 50 | 118 | 2,575 | 230 | 10 | ns | 7- | - | 0.689 | 4 | 0.098 | 1% | | DPAD | Cf73 Munich1 256 | h,E2 |
| 541 | Sn | 50 | 118 | 3,111 | 2.93 | | μ s | (10,8) | - | 2.447 | 7 | 0.245 | 0% | | DPAD | Cf73 Munich1 256 | h |
| 542 | Sn | 50 | 119 | | | | | 1/2 | - | 1.04728 | 7 | 2.095 | 0% | [Na23] | N | PR 79 35[50] | f |
| 543 | Sn | 50 | 119 | 24 | 17.75 | 12 | ns | 3/2 | + | 0.682 | 3 | 0.455 | 0% | | ME | AkFM 26 4 466[77] | |
| 544 | Sn | 50 | 119 | 24 | 18.09 | 7 | ns | 3/2+ | + | 0.633 | 3 | 0.422 | 0% | [Sn119] | ME | ZP 258 56[73] | M1 |
| 545 | Sn | 50 | 119 | 90 | 250 | | d | 11/2 | - | 1.40 | 8 | 0.255 | 6% | | ME | PL 40A 297[72] | |
| 546 | Sn | 50 | 120 | 1,172 | 641 | 10 | fs | 2+ | - | 0.28 | 14 | 0.140 | 50% | | IMPAC | PR C22 97[80] | 32%,E2 |
| 547 | Sn | 50 | 120 | 2,285 | 5.54 | 6 | ns | 5- | - | 0.37 | 5 | 0.074 | 14% | | IPAC | ZP 168 370[62] | E1,E3 |
| 548 | Sn | 50 | 121 | | 27.1 | | h | 3/2 | | 0.699 | 7 | 0.466 | 1% | [Sn119] | AB | PR 181 1665[69] | k |
| 549 | Sn | 50 | 122 | 1,141 | 0.75 | 2 | ps | 2+ | + | 0.14 | 22 | 0.070 | 157% | | IMPAC | PR C22 97[80] | 5%,E2 |
| 550 | Sn | 50 | 124 | 1,132 | 0.89 | 2 | ps | 2+ | + | 0.3 | 2 | 0.150 | 67% | | IMPAC | PR C22 97[80] | 6%,E2 |
| 551 | Sb | 51 | 112 | 796 | 0.56 | 12 | μ s | 8 | + | 2.20 | 4 | 0.275 | 2% | | SOPAD | Hyp1 2 336[76] | |
| 552 | Sb | 51 | 114 | 496 | 219 | 12 | μ s | 8 | + | 2.265 | 5 | 0.283 | 0% | | SOPAD | Hyp1 2 336[76] | |
| 553 | Sb | 51 | 115 | | 31.8 | | m | 5/2 | | 3.46 | 1 | 1.384 | 0% | [Sb121] | AB | PR 175 65[68] | |
| 554 | Sb | 51 | 115 | 1,301 | 7 | 0.4 | ns | 11/2- | + | 5.52 | 7 | 1.004 | 1% | | DPAD | IzF 44 1 171[80] | E3 |
| 555 | Sb | 51 | 115 | 2,796 | 158 | 2 | ns | 19/2- | + | 2.53 | 3 | 0.266 | 1% | | DPAD | IzF 44 1 171[80] | E2 |
| 556 | Sb | 51 | 117 | | 2.8 | | h | 5/2 | | 3.43 | 6 | 1.372 | 2% | [Sb121] | AB | NP A226 219[74] | |
| 557 | Sb | 51 | 117 | 1,323 | 3.8 | 2 | ns | 11/2- | + | 5.34 | 9 | 0.971 | 2% | | DPAD | IzF 44 1 171[80] | E1,E3 |
| 558 | Sb | 51 | 117 | 3,130 | 340 | 20 | μ s | 25/2 | | 1.500 | 9 | 0.120 | 1% | | N/RD | DisA 36 790B[75] | a |
| 559 | Sb | 51 | 118 | | 3.5 | | m | 1 | | 2.47 | 7 | 2.470 | 3% | [Sb121] | AB | PR 175 65[68] | |
| 560 | Sb | 51 | 118 | 54 | 20.6 | 6 | μ s | (3)+ | + | 2.63 | 5 | 0.877 | 2% | [Sn115] | DPAD | PL 57B 235[75] | h,E2 |
| 561 | Sb | 51 | 118 | 220 | 5 | | h | 8 | | 2.32 | 4 | 0.290 | 2% | [Sb122] | N/RD | NP A221 1[74] | |
| 562 | Sb | 51 | 118 | 270 | 13.4 | 3 | ns | 3- | - | 3.76 | 9 | 1.253 | 2% | | DPAD | ZP A320 613[85] | |
| 563 | Sb | 51 | 118 | 927 | 22.8 | 4 | ns | 7+ | + | 4.76 | 13 | 0.680 | 3% | | DPAD | ZP A320 613[85] | |
| 564 | Sb | 51 | 119 | | 38 | | h | 5/2 | | 3.45 | 1 | 1.380 | 0% | [Sb121] | AB | PR 175 65[68] | |
| 565 | Sb | 51 | 120 | 0 | 15.8 | | m | 1 | | 2.34 | 22 | 2.340 | 9% | [Sb121] | AB | PR 175 65[68] | E= |
| 566 | Sb | 51 | 120 | 0 | 5.76 | | d | 8 | | 2.34 | 1 | 0.293 | 0% | [Sb122] | N/RD,R | NP A221 1[74] | E= |
| 567 | Sb | 51 | 120 | 78 | 247 | 1 | ns | 3+ | + | 2.584 | 6 | 0.861 | 0% | | DPAD | PL 64B 151[66] | h,E1 |
| 568 | Sb | 51 | 121 | | | | | 5/2 | | 3.3634 | 3 | 1.345 | 0% | [Na23] | N | PR 81 20[51] | f |
| 569 | Sb | 51 | 121 | 37 | 2.96 | 8 | ns | 7/2+ | + | 2.518 | 7 | 0.719 | 0% | [Sb121] | ME | PR C13 2589[76] | M1 |
| 570 | Sb | 51 | 122 | | 2.88 | | d | 2 | - | 1.905 | 20 | 0.953 | 1% | [Sb121] | NO/D | PR 112 935[58] | |
| 571 | Sb | 51 | 122 | 61 | 1.86 | 8 | μ s | 3 | + | 2.983 | 12 | 0.994 | 0% | | SOPAD | PR C7 2128[73] | h |
| 572 | Sb | 51 | 122 | 137 | 530 | 30 | μ s | 5+ | + | 3.05 | 10 | 0.610 | 3% | | DPAD | RRou 22 541[77] | E2 |
| 573 | Sb | 51 | 123 | | | | | 7/2 | + | 2.5498 | 2 | 0.729 | 0% | [H2] | N | PR 81 20[51] | |
| 574 | Sb | 51 | 124 | | 60.2 | | d | 3 | | 1.20 | 2 | 0.400 | 17% | [Sb122] | N/RD,R | NP A221 1[74] | |
| 575 | Sb | 51 | 124 | 41 | 3.2 | | μ s | 3 | + | 2.97 | 3 | 0.990 | 1% | | DPAD | Hyp1 9 75[81] | |
| 576 | Sb | 51 | 124 | 125 | 86 | | ns | 6 | + | 0.384 | 12 | 0.064 | 3% | | DPAD | Hyp1 9 75[81] | |
| 577 | Sb | 51 | 125 | | 2.7 | | y | 7/2 | + | 2.630 | 35 | 0.751 | 1% | [Sb122] | NO/S,R | PR C15 1043[77] | |
| 578 | Sb | 51 | 126 | | 12.4 | | d | (8) | | 1.28 | 7 | 0.160 | 5% | | NO/S | PR C6 2268[72] | |
| 579 | Sb | 51 | 127 | | 3.9 | | d | 7/2 | | 2.59 | 12 | 0.740 | 5% | | NO/S | PR C6 2268[72] | |
| 580 | Sb | 51 | 128 | | 9.1 | | h | 8 | | 1.31 | 19 | 0.164 | 15% | | NO/S | PR C6 2268[72] | |
| 581 | Te | 52 | 115 | 279 | 7.52 | 2 | μ s | (11/2) | - | 1.030 | 38 | 0.187 | 4% | | DPAD | PL 42B 54[72] | |
| 582 | Te | 52 | 117 | 274 | 19.1 | 9 | ns | 5/2+ | - | 0.787 | 12 | 0.315 | 2% | | DPAD | Hyp1 9 71[81] | E2 |
| 583 | Te | 52 | 119 | | 16.05 | | h | 1/2 | | 0.25 | 5 | 0.500 | 20% | | AB | ArkF 30 111[65] | |
| 584 | Te | 52 | 119 | 300 | 4.68 | | d | 11/2 | | 0.95 | 5 | 0.173 | 5% | | NO/S | Hyp1 2 308[76] | |
| 585 | Te | 52 | 120 | 560 | 9 | 2 | ps | 2+ | + | 0.58 | 6 | 0.290 | 10% | | IMPAC | PR C24 954[81] | 0.1%,E2 |
| 586 | Te | 52 | 121 | 443 | 85.3 | 9 | ns | 7/2+ | + | 0.63 | 7 | 0.180 | 11% | | DPAD | Hyp1 9 81[81] | E2 |
| 587 | Te | 52 | 122 | 564 | 7.56 | 14 | ps | 2+ | + | 0.66 | 6 | 0.330 | 9% | | IMPAC | PR C24 954[81] | 2.5%,E2 |
| 588 | Te | 52 | 123 | | | | | 1/2 | - | 0.73678 | 2 | 1.474 | 0% | [Na23] | N | PR 89 923[53] | f |
| 589 | Te | 52 | 123 | 159 | 196 | 9 | ps | 3/2+ | + | 0.72 | 12 | 0.480 | 17% | | IPAC | ZP 240 396[70] | E2,M1 |
| 590 | Te | 52 | 123 | 247 | 119.7 | 1 | d | 11/2- | - | 1.00 | 5 | 0.182 | 5% | | NO/S | NP A210 307[73] | E5,M4 |
| 591 | Te | 52 | 123 | 440 | 18 | 3 | ps | 3/2+ | + | 0.51 | 9 | 0.340 | 18% | | IMPAC | NP A236 165[74] | E2,M1 |
| 592 | Te | 52 | 123 | 489 | 30.7 | | ns | 7/2 | + | 0.788 | 14 | 0.225 | 2% | | DPAD | Hyp1 9 71[81] | T |
| 593 | Te | 52 | 123 | 506 | 18 | 2 | ps | (3/2,5/2) | g=+ | 0.040 | 25 | 0.040 | 625% | | IMPAC | NP A236 165[74] | |
| 594 | Te | 52 | 124 | 603 | 6.1 | 1 | ps | 2+ | + | 0.52 | 6 | 0.260 | 12% | | IMPAC | Hyp1 9 71[81] | 5%,E2 |
| 595 | Te | 52 | 125 | | | | | 1/2 | - | 0.88828 | 3 | 1.777 | 0% | [Na23] | N | PR 89 923[53] | f |
| 596 | Te | 52 | 125 | 36 | 1.49 | 2 | ns | 3/2+ | + | 0.604 | 5 | 0.403 | 1% | [Te125] | ME | PL 54A 293[75] | M1 |
| 597 | Te | 52 | 125 | 145 | 58.2 | 14 | d | 11/2- | - | 0.93 | 5 | 0.169 | 5% | | NO/S | PR C15 1043[77] | M4 |
| 598 | Te | 52 | 125 | 321 | 700 | 14 | fs | 9/2- | - | 0.918 | 32 | 0.204 | 3% | | IPAC | NP A154 369[70] | M1 |
| 599 | Te | 52 | 125 | 443 | 18.7 | 7 | ps | 3/2+ | + | 0.585 | 90 | 0.390 | 15% | | IMPAC | NP A236 165[74] | E2,M1 |
| 600 | Te | 52 | 125 | 463 | 12.8 | 6 | ps | 5/2+ | + | 0.79 | 30 | 0.316 | 38% | | IPAC | NP A170 240[71] | E2,M1 |
| 601 | Te | 52 | 126 | 666 | 4.3 | 0.07 | ps | 2+ | + | 0.38 | 6 | 0.190 | 16% | | IMPAC | Hyp1 9 71[81] | 19%,E2 |
| 602 | Te | 52 | 126 | 2,975 | 10.6 | 10 | ns | 10 | - | 1.51 | 9 | 0.151 | 6% | | DPAD | YadF 37 153[83] | |
| 603 | Te | 52 | 127 | | 9.4 | | h | 3/2 | | 0.66 | 5 | 0.440 | 8% | | NO/S | NP A202 467[73] | |
| 604 | Te | 52 | 127 | 88 | 109 | 2 | d | 11/2- | - | 0.91 | 5 | 0.165 | 5% | | NO/S | NP A210 307[73] | M4 |
| 605 | Te | 52 | 127 | 341 | 412 | 17 | ps | 9/2- | - | 0.963 | 63 | 0.214 | 7% | | IPAC | NP A224 358[74] | E2,M1 |
| 606 | Te | 52 | 128 | 743 | 3.19 | 7 | ps | 2+ | + | 0.62 | 8 | 0.310 | 13% | | IMPAC | PR C24 954[81] | 32%,E2 |
| 607 | Te | 52 | 129 | | 69 | | m | 3/2 | | 0.66 | 5 | 0.440 | 8% | | NO/S | NP A202 467[73] | |
| 608 | Te | 52 | 129 | 106 | 33.6 | 1 | d | 11/2- | - | 1.15 | 5 | 0.209 | 4% | | NO/S | NP A210 307[73] | M4 |
| 609 | Te | 52 | 130 | 839 | 2.27 | 7 | ps | 2+ | + | 0.58 | 12 | 0.290 | 21% | | IMPAC | PR C24 954[81] | 35%,E2 |
| 610 | Te | 52 | 131 | 182 | 30 | 2 | h | 11/2- | + | 1.04 | 4 | 0.189 | 4% | | NO/S | PR C12 609[75] | M4 |

| | Ei | Z | A | E (keV) | T(1/2) | ΔT | U | Spin | ϵ_{μ} | Moment μ | $\Delta\mu$ | g | Δg % | Ref. | Method | Reference | Note |
|-----|----|----|-----|---------|---------|------------|---------|---------|------------------|--------------|-------------|---------|--------------|---------|--------|------------------|--------------------|
| 624 | I | 53 | 122 | | 3.6 | | m | 1+ | +0.94 | 3 | 0.940 | 3% | | | NO/S | PL 173B 115[86] | |
| 625 | I | 53 | 124 | | 4.2 | | d | 2- | 1.14 | 8 | 0.570 | 7% | | | NO/S | HypI 15 69[83] | |
| 626 | I | 53 | 125 | | 60.2 | | d | 5/2 | 3.0 | 10 | 1.200 | 33% | | | MA | PR 110 536[58] | |
| 627 | I | 53 | 125 | 188 | 0.34 | 1 | ns | 3/2+ | +1.06 | 7 | 0.707 | 7% | | | IPAC | ZP 265 65[73] | E2,M1 |
| 628 | I | 53 | 126 | 111 | 123 | 3 | ns | (3) | -2.235 | 18 | 0.745 | 1% | | | DPAD | PC75 Bloch | |
| 629 | I | 53 | 127 | | | | | 5/2 | +2.81327 | 8 | 1.125 | 0% | | [H1] | NO | PR 82 750[51] | |
| 630 | I | 53 | 127 | 58 | 1.95 | 1 | ns | 7/2+ | +2.54 | 5 | 0.726 | 2% | | [I127] | ME | PR C6 228[72] | E2,M1 |
| 631 | I | 53 | 127 | 203 | 0.388 | 14 | ns | 3/2+ | +1.06 | 17 | 0.707 | 16% | | | IPAC,R | HPAc 49 661[76] | E2,M1 |
| 632 | I | 53 | 128 | 0 | 0.82 | | μ s | | g=+0.180 | 7 | 0.180 | 4% | | | | Th71 Bloch | n,E>0 |
| 633 | I | 53 | 129 | | 1.6E+07 | | y | 7/2 | +2.6210 | 3 | 0.749 | 0% | | [H2] | N | PR 82 97[51] | |
| 634 | I | 53 | 129 | 28 | 16.8 | 2 | ns | 5/2+ | +2.801 | 3 | 1.120 | 0% | | [I129] | ME | PL 33B 413[70] | f,M1 |
| 635 | I | 53 | 130 | 203 | 229 | 14 | ns | (5) | -0.242 | 20 | 0.048 | 8% | | | DPAD | PC75 Bloch | |
| 636 | I | 53 | 131 | | 8.04 | | d | 7/2 | +2.742 | 1 | 0.783 | 0% | | [I127] | AB | PR 119 2022[60] | |
| 637 | I | 53 | 131 | 150 | 0.76 | 5 | ns | 5/2+ | +2.79 | 50 | 1.116 | 18% | | | IPAC | NP A102 203[67] | |
| 638 | I | 53 | 131 | 1,797 | 5.9 | 2 | ns | (15/2-) | +1.21 | 38 | 0.161 | 31% | | | IPAC | NP A102 203[67] | q,E1 |
| 639 | I | 53 | 132 | | 2.28 | | h | 4 | 3.088 | 7 | 0.772 | 0% | | [I127] | AB | BAPS 5 504[60] | k |
| 640 | I | 53 | 132 | 50 | 929 | 42 | ps | 3+ | +2.24 | 30 | 0.747 | 13% | | | IPAC | NP A132 221[69] | M1 |
| 641 | I | 53 | 132 | 278 | 1.42 | 5 | ns | 1+ | +1.88 | 41 | 1.880 | 22% | | | DPAD | NP A321 180[79] | E2 |
| 642 | I | 53 | 133 | | 20.9 | | h | 7/2 | +2.856 | 5 | 0.816 | 0% | | [I127] | AB | BAPS 5 273[60] | |
| 643 | Xe | 54 | 123 | 185 | 5.2 | 5 | μ s | 7/2 | -0.896 | 7 | 0.256 | 1% | | | DPAD | ZP A308 227[82] | E= |
| 644 | Xe | 54 | 124 | 354 | 54 | 4 | ps | 2+ | +0.46 | 4 | 0.230 | 9% | | [Xe132] | IMPAC | PR C12 628[75] | 0.1%,E2 |
| 645 | Xe | 54 | 125 | 296 | 140 | | ns | 7/2+ | +0.615 | 25 | 0.176 | 4% | | | DPAD | ZP A314 17 [83] | |
| 646 | Xe | 54 | 126 | 389 | 40.2 | 14 | ps | 2+ | +0.74 | 14 | 0.370 | 19% | | | IMPAC | HypI 5 81[77] | 0.1%,E2 |
| 647 | Xe | 54 | 128 | 443 | 24 | 2 | ps | 2+ | +0.82 | 14 | 0.410 | 17% | | | IMPAC | HypI 5 81[77] | 2%,E2 |
| 648 | Xe | 54 | 129 | | | | | 1/2 | -0.777976 | 9 | 1.556 | 0% | | [H2] | N | HPAc 41 367[68] | |
| 649 | Xe | 54 | 129 | 40 | 0.98 | 3 | ns | 3/2+ | +0.75 | 20 | 0.500 | 27% | | | IPAC | HPAc 49 661[76] | E2,M1 |
| 650 | Xe | 54 | 129 | 236 | 7.97 | 21 | d | 11/2- | -0.847 | 28 | 0.154 | 3% | | | N/RD | PRL 37 302[76] | M4 |
| 651 | Xe | 54 | 129 | 236 | 7.97 | 21 | d | 11/2- | (-)0.891 | 5 | 0.162 | 1% | | | NO/S | HypI 22 573[85] | M4 |
| 652 | Xe | 54 | 130 | 536 | 6.4 | 6 | ps | 2+ | +0.76 | 14 | 0.380 | 18% | | | IMPAC | HypI 5 81[77] | 4%,E2 |
| 653 | Xe | 54 | 130 | 2,972 | 4.8 | 5 | ns | 10 | +2.04 | 14 | 0.204 | 7% | | | DPAD | YadF 37 153[83] | |
| 654 | Xe | 54 | 130 | 2,972 | 5.17 | 11 | ns | (10+) | g=-0.158 | 21 | 0.158 | 13% | | | IPAD | PR C30 820[84] | |
| 655 | Xe | 54 | 131 | | | | | 3/2 | +0.691861 | 4 | 0.461 | 0% | | [H2] | N | HPAc 41 367[68] | |
| 656 | Xe | 54 | 131 | 164 | 11.92 | 14 | d | 11/2- | -0.80 | 10 | 0.145 | 13% | | [Xe131] | NO/S | ZP 267 145[74] | M4 |
| 657 | Xe | 54 | 131 | 164 | 11.92 | 14 | d | 11/2- | (-)0.994 | 5 | 0.181 | 1% | | | NO/S | HypI 22 573[85] | M4 |
| 658 | Xe | 54 | 132 | 668 | 5.1 | 4 | ps | 2+ | +0.74 | 10 | 0.370 | 14% | | | IMPAC | HypI 5 81[77] | 27%,E2 |
| 659 | Xe | 54 | 132 | 2,214 | 90 | 7 | ns | 7- | -0.06 | 3 | 0.009 | 50% | | | DPAD | YadF 44 547[86] | |
| 660 | Xe | 54 | 132 | 2,753 | 8.39 | 14 | ms | 10+ | (-)1.95 | 5 | 0.195 | 3% | | | DPAD | ZP A278 303[76] | a,E3 |
| 661 | Xe | 54 | 133 | 234 | 2.19 | 3 | d | 11/2- | -0.87 | 12 | 0.158 | 14% | | [Xe131] | NO/S | ZP 267 145[74] | M4 |
| 662 | Xe | 54 | 134 | 847 | | | | 2 | | | 0.000 | #ERROR! | | | | | 10% |
| 663 | Xe | 54 | 136 | 1,313 | 0.4 | 2 | ps | 2+ | | | 0.000 | #ERROR! | | | | | 9%,E2 |
| 664 | Xe | 54 | 136 | 1,694 | 1.32 | 10 | ns | 4+ | +3.2 | 6 | 0.800 | 19% | | | IPAC | PR C31 570[85] | E2 |
| 665 | Ca | 55 | 120 | | 64 | 10 | s | 2 | +3.92 | 5 | 1.960 | 1% | | | AB | PL 76B 565[78] | |
| 666 | Ca | 55 | 125 | | 45 | | m | 1/2 | +1.41 | 2 | 2.820 | 1% | | [Cs133] | AB | PR C3 1326[71] | |
| 667 | Ca | 55 | 127 | | 6.2 | | h | 1/2 | +1.46 | 2 | 2.920 | 1% | | [Cs133] | AB | PR C3 1326[71] | |
| 668 | Ca | 55 | 129 | | 32.3 | | h | 1/2 | +1.482 | 9 | 2.964 | 1% | | | AB | BAPS 7 476[62] | |
| 669 | Ca | 55 | 129 | 575 | 1,059 | 39 | ns | 11/2 | +6.55 | 10 | 1.191 | 2% | | | DPAD | PR C18 2061[78] | |
| 670 | Ca | 55 | 130 | | 29.9 | | m | 1 | +1.37 | 8 | 1.370 | 6% | | [Cs133] | AB | PR 112 186[58] | $\mu=-1.45[8]$ |
| 671 | Ca | 55 | 131 | | 9.688 | | d | 5/2 | +3.543 | 2 | 1.417 | 0% | | | AB/D | PR 140 B1483[65] | |
| 672 | Ca | 55 | 131 | 134 | 8.8 | 6 | ns | 5/2+ | 1.86 | 8 | 0.744 | 4% | | | DPAC | JPS 34 427[73] | E2,M1 |
| 673 | Ca | 55 | 132 | | 6.47 | | d | 2 | +2.222 | 7 | 1.111 | 0% | | | OL | NP A248 157[75] | |
| 674 | Ca | 55 | 133 | | | | | 7/2 | +2.582023 | 9 | 0.738 | 0% | | [Rb87] | OP | PR A7 1178[73] | g |
| 675 | Ca | 55 | 133 | 81 | 6.31 | 2 | ns | 5/2+ | +3.45 | 2 | 1.380 | 1% | | [Cs133] | ME | NP A109 59[68] | E2,M1 |
| 676 | Ca | 55 | 133 | 161 | 222 | 28 | ps | 5/2+ | +2.0 | 2 | 0.800 | 100% | | | IPAC | NP A318 97[79] | E2 |
| 677 | Ca | 55 | 134 | | 2,062 | | y | 4 | +2.9937 | 9 | 0.748 | 0% | | [Cs133] | AB/D | PR 105 590[57] | f |
| 678 | Ca | 55 | 134 | 11 | 45.7 | 1.4 | ns | 5+ | +3.349 | 65 | 0.670 | 2% | | | DPAC | C170 Delft 549 | M1 |
| 679 | Ca | 55 | 134 | 139 | 2.91 | 1 | h | 8- | +1.0978 | 2 | 0.137 | 0% | | [Cs133] | AB/D | PR 127 517[62] | E3,M4 |
| 680 | Ca | 55 | 135 | | 3E+06 | | y | 7/2 | +2.7324 | 2 | 0.781 | 0% | | [Cs133] | AB/D | PR 105 590[57] | f |
| 681 | Ca | 55 | 136 | | 13.1 | | d | 5 | +3.711 | 15 | 0.742 | 0% | | | OL | NP A248 157[75] | |
| 682 | Ca | 55 | 137 | | 30.17 | | y | 7/2 | +2.8413 | 4 | 0.812 | 0% | | [Cs133] | AB/D | PR 105 590[57] | f |
| 683 | Ca | 55 | 138 | | 32.2 | | m | 3 | 0.48 | 10 | 0.160 | 21% | | [Cs133] | AB | CJP 45 3393[67] | |
| 684 | Ba | 56 | 130 | 357 | 39 | 12 | ps | 2 | +0.70 | 6 | 0.351 | 9% | | | IMPAC | PR C21 574[80] | 0.1% |
| 685 | Ba | 56 | 132 | 464 | 18 | 4 | ps | 2+ | +0.68 | 6 | 0.340 | 9% | | | IMPAC | PR C21 574[80] | 0.1%,E2 |
| 686 | Ba | 56 | 133 | | 10.7 | | y | 1/2 | -0.769 | 3 | 1.538 | 0% | | | O | PL 62B 390[76] | a |
| 687 | Ba | 56 | 134 | 605 | 4.99 | 7 | ps | 2+ | +0.86 | 10 | 0.430 | 12% | | | IMPAC | PR C21 574[80] | 2.4%,E2 |
| 688 | Ba | 56 | 135 | | | | | 3/2 | +0.837943 | 17 | 0.559 | 0% | | | OP | ZP 249 205[72] | |
| 689 | Ba | 56 | 136 | 818 | 1.65 | 10 | ps | 2+ | +0.68 | 10 | 0.340 | 15% | | | IMPAC | PR C21 574[80] | 8%,E2 |
| 690 | Ba | 56 | 136 | 2,140 | 1.59 | 14 | ns | 5- | -1.9 | 2 | 0.380 | 11% | | | IPAC | HypI 7 103[79] | E1,E2 |
| 691 | Ba | 56 | 137 | | | | | 3/2 | +0.937365 | 20 | 0.625 | 0% | | | OP | ZP 249 205[72] | |
| 692 | Ba | 56 | 138 | 1,436 | 213 | 4 | fs | 2+ | | | 0.000 | #ERROR! | | | | | 72%,E2 |
| 693 | Ba | 56 | 138 | 1,899 | 2.17 | 8 | ns | 4+ | +3.2 | 6 | 0.800 | 19% | | | IPAC | PR C31 570[85] | E2 |
| 694 | Ba | 56 | 138 | 2,091 | 0.8 | 1 | μ s | 6 | +5.86 | 12 | 0.977 | 2% | | | DPAD | HypI 2 331[76] | |
| 695 | Ba | 56 | 144 | 199 | 700 | 30 | ps | 2+ | +0.68 | 10 | 0.340 | 15% | | | IPAC | PL 123B 165[83] | E2 |
| 696 | Ba | 56 | 146 | 181 | 860 | 60 | ps | 2+ | +0.78 | 10 | 0.390 | 13% | | | IPAC | PL 123B 165[83] | |
| 697 | La | 57 | 133 | 536 | 60 | 5 | ns | 11/2- | 7.8 | | 1.418 | 0% | | | DPAC | JPPa 34 753[73] | $\Delta\mu$,E1,M2 |
| 698 | La | 57 | 135 | 2,737 | 50 | | ns | (27/2) | 0.04 | 20 | 0.003 | 500% | | | DPAD | izF 40 1249[76] | |
| 699 | La | 57 | 137 | | 60,000 | | y | 7/2 | +2.695 | 6 | 0.770 | 0% | | [La139] | O | ZP 254 127[72] | |
| 700 | La | 57 | 138 | | 1.1E+11 | | y | 5 | +3.7139 | 3 | 0.743 | 0% | | [La139] | N | PR 99 613[55] | f |
| 701 | La | 57 | 138 | 73 | 116 | 5 | ns | 3 | +2.89 | 5 | 0.963 | 2% | | | DPAD | ZP A291 49[79] | |
| 702 | La | 57 | 139 | | | | | 7/2 | +2.7832 | 2 | 0.795 | 0% | | [H2] | NO | PR 82 651[51] | |
| 703 | La | 57 | 140 | | 40.3 | | h | 3 | +0.730 | 15 | 0.243 | 2% | | [La139] | AB | C169 MntrIC 91 | |
| 704 | Ce | 58 | 134 | 3,208 | 485 | 20 | ps | 10+ | -1.9 | 1 | 0.190 | 5% | | | DPAD | PL 97B 351[80] | |
| 705 | Ce | 58 | 134 | 3,719 | 5.5 | | ps | 10 | -3.0 | 25 | 0.300 | 83% | | | IPAC | NP A383 165[82] | |
| 706 | Ce | 58 | 135 | 2,126 | 11.8 | 5 | ns | 19/2 | -0.67 | 10 | 0.071 | 15% | | | IPAC | ZP A304 269[82] | |
| 707 | Ce | 58 | 136 | 552 | | | | 2 | | | 0.000 | #ERROR! | | | | | 0.2% |
| 708 | Ce | 58 | 136 | 3,095 | 2,000 | | ns | 10+ | -1.8 | 2 | 0.180 | 1% | | | DPAD | HypI 10 811[81] | |
| 709 | Ce | 58 | 137 | | 9 | | h | 3/2 | 0.91 | 15 | 0.607 | 16% | | | NO/S | PR 129 1607[63] | |
| 710 | Ce | 58 | 137 | 254 | 34.4 | 2 | h | 11/2- | 0.70 | 3 | 0.127 | 4% | | | NO/S | PR 143 78[66] | M4 |
| 711 | Ce | 58 | 138 | 789 | | | | 2 | | | 0.000 | #ERROR! | | | | | 0.3% |
| 712 | Ce | 58 | 138 | 3,538 | 78 | 5 | ns | 10 | -1.76 | 10 | 0.176 | 6% | | | DPAD | NP A346 281[80] | |

| | El | Z | A | E (keV) | T(1/2) | ΔT | U | Spln | σ_{μ} | Moment μ | $\Delta\mu$ | g | Δg % | Ref. | Method | Reference | Note |
|-----|----|----|-----|---------|---------|------------|---------|-------|----------------|--------------|-------------|-------|--------------|---------|--------|---------------------|---------------------|
| 713 | Ce | 58 | 139 | | 137.2 | | d | 3/2 | | 0.96 | 20 | 0.640 | 21% | | NO/S | PR 129 1607[63] | |
| 714 | Ce | 58 | 140 | 1,596 | 90 | 2 | fs | 2+ | | | | 0.000 | #ERROR! | | | | 88%,E2 |
| 715 | Ce | 58 | 140 | 2,084 | 3.44 | 9 | ns | 4+ | + 4.09 | 15 | 1.023 | | 4% | | DPAC | PR 140 B811[65] | E2,E4 |
| 716 | Ce | 58 | 141 | | 32.5 | | d | 7/2 | 1.31 | 20 | 0.374 | | 15% | | NO/S | PR 129 1607[63] | |
| 717 | Ce | 58 | 142 | 641 | 5.68 | 14 | ps | 2+ | | | | 0.000 | #ERROR! | | | | 11%,E2 |
| 718 | Ce | 58 | 143 | | 33 | | h | 3/2 | ++ 1 | | | 0.667 | 0% | | NO/S | PR 129 1607[63] | $\Delta\mu$ |
| 719 | Ce | 58 | 146 | 258 | 0.25 | 3 | ns | 2+ | + 0.48 | 1 | 0.240 | | 2% | | IPAC | PR C33 1030[86] | |
| 720 | Ce | 58 | 148 | 158 | 1.01 | 6 | ns | 2+ | + 0.74 | 12 | 0.370 | | 2% | | IPAC | PR C33 1030[86] | |
| 721 | Pr | 59 | 139 | 822 | 45.5 | 9 | ns | 11/2- | + 6.6 | 5 | 1.200 | | 8% | | DPAD | ZP A291 319[79] | E3 |
| 722 | Pr | 59 | 141 | | | | | 5/2 | 3.7 | | 1.480 | | 0% | | AB | ZP A274 195[75] | $\Delta\mu$ |
| 723 | Pr | 59 | 141 | 145 | 1.85 | 2 | ns | 7/2+ | 3.1 | 2 | 0.886 | | 6% | [Pr141] | ME | PR B7 1974[73] | E2,M1 |
| 724 | Pr | 59 | 141 | 1,118 | 4.8 | 25 | ns | 11/2- | + 7.21 | 44 | 1.311 | | 6% | | DPAD | NP A221 211[74] | E3,M2 |
| 725 | Pr | 59 | 142 | | 19.2 | | h | 2 | + 0.234 | 1 | 0.117 | | 0% | | AB,R | PCan 29n4 47[73] | a |
| 726 | Pr | 59 | 142 | 4 | 14.6 | | m | 5 | 2.2 | 1 | 0.440 | | 5% | | AB | PCan 29n4 47[73] | |
| 727 | Pr | 59 | 143 | 57 | 4.16 | 4 | ns | 5/2+ | + 3.4 | 1 | 1.360 | | 3% | | DPAC | HypI 31 147[77] | E2 |
| 728 | Pr | 59 | 144 | 80 | 136 | 9 | ps | 1- | - 1.2 | 4 | 1.200 | | 33% | | IPAC | PScr 11 363[75] | M1 |
| 729 | Nd | 60 | 136 | 3,297 | 51.3 | 55 | ps | 10+ | + 10.6 | 25 | 1.060 | | 24% | | IMPAC | HypI 34 65 (87) | |
| 730 | Nd | 60 | 136 | 3,688 | 18.7 | 20 | ps | 12+ | + 12.7 | 30 | 1.058 | | 24% | | IMPAC | HypI 34 65 (87) | |
| 731 | Nd | 60 | 140 | 3,621 | 22 | 1 | ns | 10 | - 1.92 | 12 | 0.192 | | 6% | | DPAD | NP A346 281[80] | T |
| 732 | Nd | 60 | 142 | 1,576 | 105 | 1 | fs | 2+ | | | | 0.000 | #ERROR! | | | | 27%,E2 |
| 733 | Nd | 60 | 143 | | | | | 7/2 | - 1.065 | 5 | 0.304 | | 0% | | AB/D | PSSL 86 1249[65] | |
| 734 | Nd | 60 | 144 | 696 | 3.4 | 1 | ps | 2+ | + 0.30 | 4 | 0.150 | | 13% | | IMPAC | NP A311 507[78] | 24%,E2 |
| 735 | Nd | 60 | 144 | 1,314 | 7.4 | 9 | ps | 4+ | + 0.80 | 8 | 0.200 | | 100% | | IPAC | ArkF 33 329[67] | b,E2 |
| 736 | Nd | 60 | 145 | | | | | 7/2 | - 0.656 | 4 | 0.187 | | 1% | | AB/D | PSSL 86 1249[65] | |
| 737 | Nd | 60 | 145 | 73 | 0.72 | 5 | ns | 5/2- | - 0.320 | 4 | 0.128 | | 1% | [Nd145] | ME | ZP 240 100[70] | M1 |
| 738 | Nd | 60 | 146 | 454 | 23 | 1 | ps | 2+ | + 0.50 | 8 | 0.250 | | 16% | | IMPAC | NP A311 507[78] | 17%,E2 |
| 739 | Nd | 60 | 147 | | 11 | | d | 5/2 | + 0.554 | 10 | 0.222 | | 2% | [Nd145] | AB | BAPS 15 769[70] | k |
| 740 | Nd | 60 | 148 | 302 | 97 | 21 | ps | 2+ | + 0.64 | 8 | 0.320 | | 13% | | IMPAC | NP A311 507[78] | 6%,E2 |
| 741 | Nd | 60 | 149 | | 1.73 | | h | 5/2 | 0.351 | 10 | 0.140 | | 3% | [Nd145] | AB | BAPS 15 769[70] | k |
| 742 | Nd | 60 | 150 | 130 | 1.51 | 2 | ns | 2+ | + 0.644 | 18 | 0.322 | | 3% | | RIGV | NP A151 401[70] | 6%,E2 |
| 743 | Nd | 60 | 150 | 381 | 61 | 5 | ps | 4+ | + 1.28 | 20 | 0.320 | | 16% | | IMPAC | NP A186 513[72] | E2 |
| 744 | Pm | 61 | 143 | | 265 | | d | 5/2 | 3.78 | 50 | 1.512 | | 13% | | NO/S | PR 130 1100[63] | |
| 745 | Pm | 61 | 144 | | 349 | | d | 5 | 1.69 | 14 | 0.338 | | 8% | | NO/S | PR 121 558[61] | |
| 746 | Pm | 61 | 147 | | 2,6234 | | y | 7/2 | + 2.58 | 7 | 0.737 | | 3% | | O | PR 141 1123[66] | |
| 747 | Pm | 61 | 147 | 91 | 2.49 | 5 | ns | 5/2+ | + 3.22 | 16 | 1.288 | | 5% | | DPAC | HypI 8 145[80] | E2 |
| 748 | Pm | 61 | 148 | | 5.37 | | d | 1 | + 2.08 | 21 | 2.080 | | 10% | | AB | PR 138 B1356[65] | |
| 749 | Pm | 61 | 148 | 137 | 41.31 | 14 | d | 6- | 1.82 | 18 | 0.303 | | 10% | | NO/S | PR 130 1100[63] | E4 |
| 750 | Pm | 61 | 149 | | 53.1 | | h | 7/2 | + 3.3 | 5 | 0.943 | | 15% | | NO/S | PR 130 1100[63] | |
| 751 | Pm | 61 | 149 | 114 | 2.58 | 4 | ns | 5/2+ | + 2.13 | 15 | 0.852 | | 7% | | IPAC | IzUz 1970n2 65[70] | b,E2,M1 |
| 752 | Pm | 61 | 149 | 189 | 3.26 | 14 | ns | 3/2+ | g=+ 0.73 | 10 | 0.730 | | 14% | | IPAC | IzUz 1970n2 65[70] | E2,M1 |
| 753 | Pm | 61 | 149 | 211 | 80 | 15 | ps | 5/2+ | + 2.20 | 35 | 0.880 | | 16% | | IPAC | IzUz 1970n2 65[70] | E2,M1 |
| 754 | Pm | 61 | 149 | 270 | 2.64 | 7 | ns | 7/2- | + 2.19 | 11 | 0.626 | | 5% | | IPAC | IzUz 1970n2 65[70] | E1,E2 |
| 755 | Pm | 61 | 151 | | 28.4 | | h | 5/2 | 1.8 | 2 | 0.720 | | 11% | | AB | PR 132 723[63] | j |
| 756 | Pm | 61 | 151 | 256 | 0.93 | 3 | ns | 3/2 | + 0.62 | 27 | 0.413 | | 44% | | IPAC | Cf72 Kiev1 [62] | |
| 757 | Sm | 62 | 144 | 1,660 | 85 | 2 | fs | 2+ | | | | 0.000 | #ERROR! | | | | 3%,E2 |
| 758 | Sm | 62 | 145 | | 340 | | d | 7/2 | 0.92 | 6 | 0.263 | | 7% | [Sm147] | NO/S | PR 184 1177[69] | f |
| 759 | Sm | 62 | 147 | | 1.1E+11 | | y | 7/2 | - 0.8109 | 14 | 0.292 | | 0% | | ENDOR | PR B5 3387[72] | |
| 760 | Sm | 62 | 147 | 121 | 0.78 | 2 | ns | 5/2- | - 0.449 | 25 | 0.180 | | 6% | [Sm147] | ME | PR C3 841[71] | E2,M1 |
| 761 | Sm | 62 | 147 | 197 | 1.24 | 5 | ns | 3/2- | - 0.27 | 6 | 0.180 | | 22% | | IPAC | IzUz 1970n2 65[70] | E2,M1 |
| 762 | Sm | 62 | 148 | 550 | 7.3 | 2 | ps | 2+ | + 0.342 | 92 | 0.171 | | 27% | | IMPAC | NP A186 513[72] | 11%,E2 |
| 763 | Sm | 62 | 149 | | | | | 7/2 | - 0.6692 | 11 | 0.191 | | 0% | | ENDOR | PR B5 3387[72] | |
| 764 | Sm | 62 | 149 | 23 | 7.14 | 14 | ns | 5/2- | 0.6238 | 8 | 0.250 | | 0% | [Sm149] | ME | Cf70 HypInt 720 | f,E2,M1 |
| 765 | Sm | 62 | 150 | 334 | 49 | 0.6 | ps | 2+ | + 0.69 | 6 | 0.345 | | 9% | [Sm152] | RIGV,R | NP A233 385[74] | 1,7%,E2 |
| 766 | Sm | 62 | 151 | | 90 | | y | 5/2 | 0.355 | 15 | 0.142 | | 4% | [Sm147] | EPR | CJP 49 2227[71] | |
| 767 | Sm | 62 | 151 | 92 | 77 | 1 | ns | 9/2 | - 0.95 | 5 | 0.211 | | 5% | | DPAC | NP A223 195[74] | |
| 768 | Sm | 62 | 151 | 105 | 0.48 | | ns | 3/2 | + 0.31 | 11 | 0.207 | | 35% | | IPAC | IzF 35 135[71] | q |
| 769 | Sm | 62 | 151 | 168 | 0.38 | 4 | ns | 5/2 | + 1.8 | 5 | 0.720 | | 28% | | IPAC,R | NP A223 195[74] | |
| 770 | Sm | 62 | 152 | 122 | 1.42 | 2 | ns | 2 | + 0.601 | 67 | 0.301 | | 11% | | IPAC | NIM 97 243[71] | 27% |
| 771 | Sm | 62 | 152 | 366 | 56.6 | 15 | ps | 4 | + 1.22 | 15 | 0.305 | | 12% | | IMPAC | NP A186 513[72] | |
| 772 | Sm | 62 | 153 | | 46.8 | | h | 3/2 | - 0.216 | 1 | 0.144 | | 0% | | AB | JPCR 5 835[76] | |
| 773 | Sm | 62 | 154 | 82 | 3.01 | 4 | ns | 2 | + 0.77 | 8 | 0.385 | | 10% | [Sm152] | RIGV,R | NP A233 385[74] | 1,23% |
| 774 | Sm | 62 | 154 | 267 | 165 | 5 | ps | 4 | + 1.35 | 15 | 0.338 | | 11% | | IMPAC | NP A186 513[72] | |
| 775 | Sm | 62 | 154 | 547 | 23.5 | 4 | ps | 6 | + 1.90 | 28 | 0.317 | | 15% | | IMPAC | NP A186 513[72] | |
| 776 | Eu | 63 | 145 | | | | | 5/2+ | 3.2 | 5 | 1.280 | | 16% | | NO/S | HypI 15 73[83] | |
| 777 | Eu | 63 | 145 | | 5.5 | | d | 5/2 | + 1.1 | 3 | 0.440 | | 27% | | NO/S | PL 120B 67[83] | |
| 778 | Eu | 63 | 145 | 716 | 490 | 30 | ns | 11/2 | + 7.46 | 4 | 1.356 | | 1% | | DPAD | ZP A290 227[79] | |
| 779 | Eu | 63 | 146 | | 4.6 | | d | 4 | + 0.70 | 7 | 0.175 | | 10% | | NO/S | PL 120B 67[83] | |
| 780 | Eu | 63 | 146 | | | | | 4- | 1.7 | 3 | 0.425 | | 18% | | NO/S | HypI 15 73[83] | |
| 781 | Eu | 63 | 147 | | 22 | | d | 5/2 | + 1.0 | 1 | 0.400 | | 10% | | NO/S | PL 120B 67[83] | |
| 782 | Eu | 63 | 147 | | 22 | | h | 5/2+ | 3.1 | 4 | 1.240 | | 13% | | NO/S | HypI 15 73[83] | |
| 783 | Eu | 63 | 147 | 625 | 765 | 15 | ns | 11/2- | + 7.04 | 6 | 1.280 | | 1% | | DPAD | ZP A290 227[79] | E3 |
| 784 | Eu | 63 | 148 | | | | | 5- | 2.1 | 3 | 0.420 | | 14% | | NO/S | HypI 15 73[83] | |
| 785 | Eu | 63 | 148 | | 54 | | d | 5 | + 1.33 | 6 | 0.266 | | 5% | | NO/S | PL 120B 67[83] | |
| 786 | Eu | 63 | 149 | | 93 | | d | 5/2+ | 2.5 | 3 | 1.000 | | 12% | | | HypI 15 73[83] | |
| 787 | Eu | 63 | 149 | 496 | 2.43 | 4 | μ s | 11/2 | + 6.98 | 28 | 1.269 | | 4% | | DPAD | ZP A290 227[79] | |
| 788 | Eu | 63 | 151 | | | | | 5/2 | + 3.4717 | 6 | 1.389 | | 0% | | AB/D | PRSL 289A 114[65] | |
| 789 | Eu | 63 | 151 | 22 | 9.5 | 5 | ns | 7/2 | + 2.591 | 2 | 0.740 | | 0% | [Eu151] | ME | ZP 256 155[72] | f |
| 790 | Eu | 63 | 152 | | 13 | | y | 3 | - 1.9414 | 13 | 0.647 | | 0% | [Eu151] | AB,O,R | ZP 245 411[71] | |
| 791 | Eu | 63 | 153 | | | | | 5/2 | + 1.5330 | 8 | 0.613 | | 0% | | AB/D | PRSL 289A 114[65] | |
| 792 | Eu | 63 | 153 | 83 | 0.8 | 0.02 | ns | 7/2 | + 1.81 | 6 | 0.517 | | 3% | [Eu153] | ME | ZP 218 223[69] | |
| 793 | Eu | 63 | 153 | 97 | 180 | 20 | ps | 5/2 | + 3.22 | 23 | 1.288 | | 7% | [Eu153] | ME | PR 145 915[66] | f, μ =-0.52[23] |
| 794 | Eu | 63 | 153 | 103 | 3.89 | 10 | ns | 3/2 | 2.044 | 6 | 1.363 | | 0% | [Eu153] | ME | ZP 256 155[72] | f |
| 795 | Eu | 63 | 154 | | 8.5 | | y | 3 | 2.005 | 6 | 0.668 | | 0% | [Eu153] | EPR | PR 108 58[57] | f |
| 796 | Eu | 63 | 155 | | 4.9 | | y | 5/2 | 1.93 | 26 | 0.772 | | 13% | [Eu152] | NO/S | HypI 1 15[75] | |
| 797 | Eu | 63 | 155 | 104 | 0.4 | | ns | 5/2 | + 2.49 | 27 | 0.996 | | 11% | | IPAC | IzF 35 135 2295[71] | |
| 798 | Gd | 64 | 144 | 328 | 130 | 10 | ns | 10+ | + 12.76 | 14 | 1.276 | | 1% | | DPAD | PRL 42 1451[79] | |
| 799 | Gd | 64 | 146 | 324 | 6.7 | 1 | ns | 7 | + 8.98 | 19 | 1.283 | | 2% | | DPAD | PRL 42 1451[79] | |
| 800 | Gd | 64 | 146 | 865 | 4.1 | 2 | ns | (19) | + 12.0 | 17 | 0.632 | | 14% | | DPAD | PRL 42 1451[79] | |
| 801 | Gd | 64 | 147 | | | | | 7/2- | 1.02 | 9 | | | | | | | |

| | EI | Z | A | E (keV) | T(1/2) | ΔT | U | Spln | σ_{μ} | Moment μ | $\Delta\mu$ | g | Δg % | Ref. | Method | Reference | Note |
|-----|----|----|-----|---------|--------|------------|---------|-------|----------------|----------------|-------------|-------|--------------|------------|----------|--------------------|---------------------|
| 802 | Gd | 64 | 147 | | 38.06 | 12 | h | 7/2 | | 1.12 | 20 | 0.320 | 18% | | NO/S | HypI 22 579[85] | |
| 803 | Gd | 64 | 147 | 193 | 26.8 | 7 | ns | 27/2- | | +11.34 | 23 | 0.640 | 2% | | DPAD | PRL 42 1451[79] | |
| 804 | Gd | 64 | 147 | 254 | 530 | 30 | ns | 49/2 | | +10.9 | 2 | 0.445 | 2% | | DPAD | PRL 42 1451[79] | |
| 805 | Gd | 64 | 147 | 997 | 22.2 | 1.5 | ns | 13/2 | | -0.24 | 7 | 0.037 | 29% | | DPAD | PRL 42 1451[79] | |
| 806 | Gd | 64 | 147 | 1,491 | 5 | 1 | ns | 21/2+ | | +7.6 | 12 | 0.724 | 16% | | DPAD | PRL 42 1451[79] | |
| 807 | Gd | 64 | 148 | 785 | 16.5 | 3 | ns | 9 | | +0.25 | 8 | 0.028 | 32% | | DPAD | PRL 42 1451[79] | |
| 808 | Gd | 64 | 148 | 2,982 | 6.7 | | ns | 7 | | +8.3 | 4 | 1.186 | 5% | | DPAD | ZP A290 229[79] | |
| 809 | Gd | 64 | 149 | | | | | 7/2- | | 0.97 | 6 | 0.277 | 6% | | NO/S | HypI 34 119[87] | T |
| 810 | Gd | 64 | 149 | | 9.25 | 10 | d | 7/2 | | 1.01 | 16 | 0.289 | 16% | | NO/S | HypI 22 579[85] | |
| 811 | Gd | 64 | 149 | | | | | 7/2- | | 0.88 | 4 | 0.251 | 5% | | NO/S | HypI 34 69[87] | T |
| 812 | Gd | 64 | 151 | | | | | 7/2- | | 0.77 | 6 | 0.220 | 8% | | NO/S | HypI 34 119[87] | T |
| 813 | Gd | 64 | 151 | 108 | 3 | 0.1 | ns | 5/2 | | -1.23 | 17 | 0.492 | 14% | | IPAC | HypI 2 323[76] | |
| 814 | Gd | 64 | 151 | 108 | 3 | 0.1 | ns | 5/2 | | -1.24 | 17 | 0.496 | 14% | | IPAC | ZP A277 217[76] | |
| 815 | Gd | 64 | 151 | 395 | 0.31 | 4 | ns | 3/2 | | -1.35 | 41 | 0.900 | 30% | | IPAC | C174 Uppsala 113 | $\mu=2.24[62]$ |
| 816 | Gd | 64 | 152 | 344 | 28.6 | 20 | ps | 2 | | +0.96 | 8 | 0.480 | 8% | [Gd156] | RIGV,R | NP A233 385[74] | 0.2% |
| 817 | Gd | 64 | 153 | | 241.6 | 2 | d | 3/2 | | 0.41 | 8 | 0.273 | 20% | | NO/S | HypI 22 579[85] | |
| 818 | Gd | 64 | 154 | 123 | 1.17 | 2 | ns | 2 | | +0.96 | 6 | 0.480 | 6% | [Gd156] | RIGV,R | NP A233 385[74] | 2% |
| 819 | Gd | 64 | 155 | | | | | 3/2 | | -0.2591 | 5 | 0.173 | 0% | | AB/D | JPBL 2 122[69] | |
| 820 | Gd | 64 | 155 | 87 | 6.35 | 9 | ns | 5/2 | | -0.532 | 4 | 0.213 | 1% | [Gd155] | ME | PL 43B 380[73] | f |
| 821 | Gd | 64 | 155 | 105 | 1.18 | 2 | ns | 3/2 | | -0.52 | 2 | 0.347 | 4% | [Gd155] | ME | PL 43B 380[73] | $\mu=+0.14[2]$ |
| 822 | Gd | 64 | 156 | | 2.7 | | ps | (10+) | | 0.34 | 5 | 0.340 | 15% | [Gd156,2+] | IMPAC | NP A406 339[83] | E |
| 823 | Gd | 64 | 156 | 89 | 2.22 | 4 | ns | 2 | | +0.774 | 8 | 0.387 | 1% | [Gd155] | ME | NP A233 385[74] | f,21% |
| 824 | Gd | 64 | 156 | 288 | 115 | 3 | ps | 4 | | +1.32 | | 0.330 | 27% | | IPAC | JPGL 1 727[75] | $\Delta\mu=+38,-34$ |
| 825 | Gd | 64 | 156 | 1,511 | 190 | 6 | ps | 4 | | +3.14 | 40 | 0.785 | 13% | | IPAC | JPGL 1 727[75] | |
| 826 | Gd | 64 | 157 | | | | | 3/2 | | -0.3398 | 7 | 0.227 | 0% | [Gd155] | AB/D | JPBL 2 122[69] | |
| 827 | Gd | 64 | 157 | 64 | 0.46 | 4 | μ s | 5/2 | | -0.465 | 12 | 0.186 | 3% | [Gd157] | ME,R | NP A233 385[74] | f |
| 828 | Gd | 64 | 158 | | 2.6 | | ps | (10+) | | 0.30 | 4 | 0.300 | 13% | [Gd158,2+] | IMPAC | NP A406 339[83] | E |
| 829 | Gd | 64 | 158 | 80 | 2.56 | 5 | ns | 2 | | +0.74 | 6 | 0.370 | 8% | [Gd156] | RIGV,R | NP A233 385[74] | 25% |
| 830 | Gd | 64 | 159 | | 18.6 | | h | 3/2 | | -0.44 | 3 | 0.293 | 7% | | NO/S | PR C4 1942[71] | |
| 831 | Gd | 64 | 160 | | 2.7 | | ps | (10+) | | 0.33 | 4 | 0.330 | 12% | [Gd160,2+] | IMPAC | NP A406 339[83] | E |
| 832 | Gd | 64 | 160 | 75 | 2.7 | 0.4 | ns | 2 | | +0.72 | 4 | 0.360 | 6% | [Gd156] | RIGV,R | NP A233 385[74] | 22% |
| 833 | Tb | 65 | 156 | | 5.3 | | d | 3 | | 1.41 | 18 | 0.470 | 13% | | NO/S | NP 30 452[62] | |
| 834 | Tb | 65 | 157 | | 150 | | y | 3/2 | | +2.0 | 1 | 1.340 | 5% | [Tb159] | EPR | PR 170 1083[68] | |
| 835 | Tb | 65 | 158 | | 150 | | y | 3 | | +1.758 | 7 | 0.586 | 0% | [Tb159] | EPR | PR 170 1083[68] | |
| 836 | Tb | 65 | 159 | | | | | 3/2 | | +2.014 | 4 | 1.343 | 0% | | EPRENDOR | PRSL 286A 352[65] | |
| 837 | Tb | 65 | 159 | 58 | 0.13 | 4 | ns | 5/2 | | 1.59 | 8 | 0.636 | 5% | | IPAC | DUzb 1972n1 32[72] | n |
| 838 | Tb | 65 | 160 | | 72.1 | | d | 3 | | +1.702 | 8 | 0.567 | 0% | [Tb159] | EPR | PR 170 1083[68] | |
| 839 | Tb | 65 | 160 | 3.35 | | | | 2 | | -0.2 | 10 | 0.100 | 5,000% | | NRES | NP A267 172[76] | E=En res.(eV) |
| 840 | Tb | 65 | 160 | 4.99 | | | | 1 | | +4.3 | 37 | 4.300 | 86% | | NRES | NP A267 172[76] | E=En res.(eV) |
| 841 | Tb | 65 | 160 | 11.1 | | | | 2 | | -1.7 | 44 | 0.850 | 259% | | NRES | NP A267 172[76] | E=En res.(eV) |
| 842 | Tb | 65 | 161 | | 6.9 | | d | 3/2+ | | +2.1 | 1 | 1.400 | 5% | | NO/S | HypI 15 83[83] | |
| 843 | Dy | 66 | 153 | | 6.3 | | h | 7/2 | | -0.72 | 9 | 0.206 | 13% | [Dy161] | AB | PScr 6 24[72] | |
| 844 | Dy | 66 | 155 | | 10 | | h | 3/2 | | -0.34 | 3 | 0.227 | 9% | [Dy161] | AB | PScr 6 24[72] | |
| 845 | Dy | 66 | 156 | 138 | 0.82 | 5 | ns | 2 | | | 3 | 0.000 | #ERROR! | | | | 0.06% |
| 846 | Dy | 66 | 157 | | 8.1 | | h | 3/2 | | -0.30 | 3 | 0.201 | 10% | [Dy161] | AB | PScr 6 24[72] | |
| 847 | Dy | 66 | 158 | | | | | <14> | | +0.6 | 15 | 0.043 | 250% | | IMPAC | NP A399 211[83] | $l=10+16$ |
| 848 | Dy | 66 | 158 | 99 | 1.64 | 8 | ns | 2 | | | | 0.000 | #ERROR! | | | | 0.1% |
| 849 | Dy | 66 | 158 | 317 | 71.4 | 49 | ps | 4+ | | +1.40 | 24 | 0.350 | 17% | | IMPAD | NP A399 211[83] | |
| 850 | Dy | 66 | 158 | 1,044 | 2.9 | 6 | ps | 8+ | | +3.28 | 104 | 0.410 | 32% | | IMPAD | NP A399 211[83] | |
| 851 | Dy | 66 | 160 | 87 | 1.96 | 3 | ns | 2+ | | +0.696 | 32 | 0.348 | 5% | | DPAC | APSI 34 369[84] | |
| 852 | Dy | 66 | 160 | 87 | 2.05 | 2 | ns | 2 | | +0.736 | 22 | 0.368 | 3% | | DPAC | PR C8 757[73] | m,2.3% |
| 853 | Dy | 66 | 160 | 284 | 101 | 9 | ps | 4 | | +1.48 | 60 | 0.370 | 41% | | IPAC | JPGL 1 727[75] | $\Delta\mu=+67,-54$ |
| 854 | Dy | 66 | 160 | 966 | 2.1 | 6 | ps | 2 | | +0.36 | 12 | 0.180 | 33% | | IPAC | PL 28B 590[69] | |
| 855 | Dy | 66 | 161 | | | | | 5/2 | | -0.4805 | 51 | 0.192 | 1% | | AB/D | PL 49A 287[74] | g |
| 856 | Dy | 66 | 161 | 26 | 29 | 2 | ns | 5/2 | | +0.596 | 7 | 0.238 | 1% | [Dy161] | ME | PL 33A 219[70] | f |
| 857 | Dy | 66 | 161 | 44 | 0.78 | 6 | ns | 7/2 | | -0.140 | 5 | 0.040 | 4% | [Dy161] | ME | PR C7 2056[73] | f |
| 858 | Dy | 66 | 161 | 75 | 3 | 0.2 | ns | 3/2 | | -0.398 | 7 | 0.265 | 2% | [Dy161] | ME | NP A110 577[68] | f |
| 859 | Dy | 66 | 162 | 2.72 | | | | 3 | | -0.4 | 7 | 0.133 | 175% | | NRES | NP A267 172[76] | E=En res.(eV) |
| 860 | Dy | 66 | 162 | 3.69 | | | | 2 | | -1.8 | 9 | 0.900 | 50% | | NRES | NP A267 172[76] | E=En res.(eV) |
| 861 | Dy | 66 | 162 | 4.35 | | | | 2 | | +0.5 | 12 | 0.250 | 240% | | NRES | NP A267 172[76] | E=En res.(eV) |
| 862 | Dy | 66 | 162 | 81 | 2.25 | 7 | ns | 2 | | +0.686 | 28 | 0.343 | 4% | | RIGV | PR C8 757[73] | m,25% |
| 863 | Dy | 66 | 163 | | | | | 5/2 | | +0.6726 | 35 | 0.269 | 1% | | AB/D | PL 49A 287[74] | g |
| 864 | Dy | 66 | 164 | 1.71 | | | | 2 | | +2.8 | 5 | 1.400 | 18% | | NRES | NP A267 172[76] | E=En res.(eV) |
| 865 | Dy | 66 | 164 | 73 | 2.39 | 4 | ns | 2 | | +0.730 | 30 | 0.365 | 4% | | RIGV | NP A151 401[70] | 28% |
| 866 | Dy | 66 | 164 | 242 | 198.2 | 104 | ps | 6+ | | +1.68 | 48 | 0.280 | 29% | | IMPAD | NP A399 211[983] | |
| 867 | Dy | 66 | 165 | | 2.33 | | h | 7/2 | | 0.51 | | 0.146 | 0% | | AB | PR 165 1360[68] | k, $\Delta\mu$ |
| 868 | Ho | 67 | 165 | | | | | 7/2 | | +4.173 | 27 | 1.192 | 1% | | AB/D,R | ZP 267 239[74] | |
| 869 | Ho | 67 | 165 | 95 | 22 | 1 | ps | 9/2 | | 4.13 | 17 | 0.918 | 4% | [Ho165] | ME | ZP 257 29[72] | f |
| 870 | Ho | 67 | 166 | 3.93 | | | | 4 | | +1.8 | 7 | 0.450 | 39% | | NRES | NP A267 172[76] | E=En res.(eV) |
| 871 | Ho | 67 | 166 | 5 | 1,200 | | y | (7) | | 4.1 | 6 | 0.586 | 15% | [Ho165] | NO/S | Phca 25 671[59] | i |
| 872 | Ho | 67 | 166 | 12.7 | | | | 4 | | +3.9 | 19 | 0.975 | 49% | | NRES | NP A267 172[76] | E=En res.(eV) |
| 873 | Ho | 67 | 166 | 54 | 3.44 | 12 | ns | 2 | | +0.068 | 10 | 0.034 | 15% | | IPAC | NP A331 75[79] | |
| 874 | Er | 68 | 154 | 3,010 | 40 | 3 | ns | 11- | | +0.1694 | 132 | 0.015 | 8% | | DPAD | PR C30 169[84] | E= |
| 875 | Er | 68 | 154 | 3,050 | 35 | | ns | (11-) | | +0.19 | 3 | 0.017 | 16% | | DPAD | ZP A309 207[83] | E= |
| 876 | Er | 68 | 155 | 563 | 30 | 2 | ns | 13/2+ | | -0.5525 | 325 | 0.085 | 6% | | DPAD | PR C30 169[84] | |
| 877 | Er | 68 | 156 | 345 | 33 | | ps | 2 | | =0.80 | | 0.400 | 0% | | RIGV | NP A142 577[70] | m, $\Delta\mu$ |
| 878 | Er | 68 | 157 | 422 | 49 | 2.5 | ps | 17/2 | | 0.4 | 4 | 0.047 | 100% | | RIGV,R | PRL 32 1380[74] | E> |
| 879 | Er | 68 | 158 | 192 | 0.3 | | ns | 2 | | =0.72 | | 0.360 | 0% | | RIGV | NP A142 577[70] | m |
| 880 | Er | 68 | 159 | 785 | 8.2 | 9 | ps | 21/2 | | g \leq +0.2 | 2 | 0.200 | 100% | | RIGV | NP A344 176[80] | |
| 881 | Er | 68 | 160 | 390 | 34.5 | 5 | ps | 4 | | g \leq +0.07 | 7 | 0.070 | 100% | | RIGV | NP A344 176[80] | |
| 882 | Er | 68 | 161 | | 3.24 | | h | 3/2 | | -0.370 | 5 | 0.247 | 1% | [Er167] | AB | NP A194 237[72] | |
| 883 | Er | 68 | 162 | 102 | 1.38 | 7 | ns | 2 | | | | 0.000 | #ERROR! | | | | 0.14% |
| 884 | Er | 68 | 163 | | 75.1 | | m | 5/2 | | +0.57 | 5 | 0.228 | 9% | [Er167] | AB | NP A194 237[72] | |
| 885 | Er | 68 | 164 | 91 | 1.48 | 8 | ns | 2 | | 0.706 | 20 | 0.353 | 3% | [Er167] | ME | ZP 208 184[68] | 1.6% |
| 886 | Er | 68 | 165 | | 10.4 | | h | 5/2 | | 0.66 | 3 | 0.264 | 5% | [Er167] | AB | PR 138 B1356[65] | |
| 887 | Er | 68 | 166 | 81 | 1,869 | 29 | ns | 2 | | +0.65 | 1 | 0.325 | 2% | | N | HypI 11 1 29[81] | 33% |
| 888 | Er | 68 | 166 | 265 | 118 | 5 | ps | 4+ | | +1.26 | 6 | 0.315 | 5% | [Er166,2+] | IPAC | ZP A322 467[85] | |
| 889 | Er | 68 | 166 | 265 | 119 | 6 | ps | 4 | | +1.209 | 70 | 0.302 | 6% | | IPAC | JPJS 34 370[73] | |
| 890 | Er | 68 | 16 | | | | | | | | | | | | | | |

| | EI | Z | A | E (keV) | T(1/2) | ΔT | U | Spin | s_{μ} | Moment μ | $\Delta\mu$ | g | Δg % | Ref. | Method | Reference | Note |
|-----|----|----|-----|---------|---------|------------|---------|-------|-----------|--------------|-------------|---------|--------------|--------|--------------------|---------------|------|
| 891 | Er | 68 | 166 | 545 | 16.8 | 2 | ps | 6+ | +1.55 | 8 | 0.258 | 5% | [Er166,2+] | IPAC | ZP A322 467[85] | | |
| 892 | Er | 68 | 166 | 911 | 4.5 | 2 | ps | 8+ | +2.1 | 4 | 0.263 | 19% | [Er166,2+] | IPAC | ZP A322 467[85] | | |
| 893 | Er | 68 | 166 | 1,215 | 3.9 | 2 | ps | 6+ | +1.5 | 2 | 0.250 | 13% | [Er166,2+] | IPAC | ZP A322 467[85] | | |
| 894 | Er | 68 | 167 | | | | | 7/2 | -0.5665 | 24 | 0.162 | 0% | | AB/D | PPSL 86 1249[65] | | |
| 895 | Er | 68 | 168 | 0.46 | | | | 4 | +0.9 | 4 | 0.225 | 44% | | NRES | NP A267 172[76] | E=En res.(eV) | |
| 896 | Er | 68 | 168 | 0.58 | | | | 3 | +1.8 | 9 | 0.600 | 50% | | NRES | NP A267 172[76] | E=En res.(eV) | |
| 897 | Er | 68 | 168 | 80 | 1.86 | 2 | ns | 2 | +0.62 | 6 | 0.310 | 10% | | IPAC | PR C21 2575[80] | 27% | |
| 898 | Er | 68 | 168 | 264 | 0.119 | 7 | ns | 4 | +0.96 | 4 | 0.240 | 4% | | IPAC | PR C21 2575[80] | | |
| 899 | Er | 68 | 168 | 1,094 | 107.3 | 22 | ns | 4 | +1.82 | 8 | 0.455 | 4% | | DPAC | PR C8 1920[73] | | |
| 900 | Er | 68 | 169 | | 9.4 | | d | 1/2 | +0.515 | 25 | 1.030 | 5% | | AB/D | PR 131 1586[63] | | |
| 901 | Er | 68 | 170 | 79 | 1.9 | 0.02 | ns | 2 | +0.714 | 30 | 0.357 | 4% | | RIGV | NP A151 401[70] | 15% | |
| 902 | Er | 68 | 170 | 260 | 135 | | ps | 4 | +1.11 | 15 | 0.278 | 14% | [Er166] | IMPAC | Cf67 HypStr 731 | i,T | |
| 903 | Er | 68 | 171 | | 7.52 | | h | 5/2 | 0.70 | 5 | 0.280 | 7% | [Er169] | AB | PR 135 B1281[64] | k | |
| 904 | Tm | 69 | 163 | | 1.8 | | h | 1/2 | 0.081 | 2 | 0.162 | 2% | [Tm169] | AB | BAPS 12 1046[67] | | |
| 905 | Tm | 69 | 165 | | 30.06 | | h | 1/2 | 0.139 | 2 | 0.278 | 1% | [Tm169] | AB | BAPS 13 1650[68] | | |
| 906 | Tm | 69 | 166 | | 7.7 | | h | 2 | 0.092 | 2 | 0.046 | 2% | [Tm169] | AB | NP A198 380[72] | j | |
| 907 | Tm | 69 | 167 | | 9.25 | | d | 1/2 | -0.197 | 2 | 0.394 | 1% | [Tm169] | AB | PC74 Ekstrm | | |
| 908 | Tm | 69 | 169 | | | | | 1/2 | -0.2316 | 15 | 0.463 | 1% | | AB/D | ZP 199 244[67] | | |
| 909 | Tm | 69 | 169 | 8 | 3.9 | 2 | ns | 3/2 | +0.540 | 11 | 0.360 | 2% | [Tm169] | ME | ZP 172 231[63] | f | |
| 910 | Tm | 69 | 169 | 118 | 62 | 3 | ps | 5/2 | +0.743 | 54 | 0.297 | 7% | | IPAC | NP A123 386[69] | | |
| 911 | Tm | 69 | 169 | 139 | 313 | 12 | ps | 7/2 | +1.333 | 66 | 0.381 | 5% | | IPAC | NP A123 386[69] | | |
| 912 | Tm | 69 | 169 | 316 | 650 | | ns | 7/2 | +0.156 | 8 | 0.045 | 5% | | DPAC | NP A181 298[72] | | |
| 913 | Tm | 69 | 169 | 379 | 50 | | ns | 7/2 | 0.963 | 75 | 0.275 | 8% | | DPAC | Cf67 KanpurA 435 | | |
| 914 | Tm | 69 | 170 | | 128.6 | | d | 1 | 0.2476 | 36 | 0.248 | 1% | [Tm169] | AB,R | ZP 199 244[67] | j | |
| 915 | Tm | 69 | 171 | | 1.92 | | y | 1/2 | 0.2303 | 36 | 0.461 | 2% | [Tm169] | AB,R | ZP 199 244[67] | | |
| 916 | Tm | 69 | 171 | 117 | 55 | 13 | ps | 5/2 | +0.82 | 37 | 0.328 | 45% | | IPAC | NP A119 417[68] | | |
| 917 | Tm | 69 | 171 | 129 | 362 | 15 | ps | 7/2 | +1.46 | 14 | 0.417 | 10% | | IPAC | NP A119 417[68] | | |
| 918 | Tm | 69 | 171 | 636 | 1.26 | 6 | ns | 7/2 | +1.15 | 21 | 0.329 | 18% | | IPAC | ZP A284 161[78] | | |
| 919 | Yb | 70 | 157 | 494 | 45 | 3 | ns | 13/2+ | -0.754 | 78 | 0.116 | 10% | | DPAD | PR C30 169[84] | E= | |
| 920 | Yb | 70 | 168 | 88 | 1.55 | 7 | ns | 2 | | | 0.000 | #ERROR! | | | | 0.14% | |
| 921 | Yb | 70 | 169 | | 32 | | d | 7/2 | -0.63 | 2 | 0.180 | 3% | [Yb173] | O | JPBL 7 L262[74] | | |
| 922 | Yb | 70 | 170 | 84 | 1.6 | 0.02 | ns | 2 | +0.674 | 8 | 0.337 | 1% | | IMPAC | NP A330 225[79] | 3% | |
| 923 | Yb | 70 | 171 | | | | | 1/2 | +0.49367 | 1 | 0.987 | 0% | [Na23] | OP | ZP 249 205[72] | i | |
| 924 | Yb | 70 | 171 | 67 | 0.87 | 10 | ns | 3/2 | 0.3488 | 24 | 0.233 | 1% | [Yb171] | ME | PL 22 446[66] | f | |
| 925 | Yb | 70 | 171 | 76 | 1.7 | 3 | ns | 5/2 | +1.015 | 5 | 0.406 | 0% | [Yb171] | ME | PR C2 2414[70] | f | |
| 926 | Yb | 70 | 172 | 79 | 1.68 | 6 | ns | 2 | +0.664 | 16 | 0.332 | 2% | | IMPAC | NP A330 225[79] | 22% | |
| 927 | Yb | 70 | 172 | 260 | 130 | | ps | 4 | +1.37 | 5 | 0.343 | 4% | | IPAC | DUzb 1972n1 32[72] | | |
| 928 | Yb | 70 | 172 | 1,172 | 7.78 | 22 | ns | 3 | +0.650 | 42 | 0.217 | 6% | | DPAC | NP 61 65[65] | | |
| 929 | Yb | 70 | 173 | | | | | 5/2 | +0.67989 | 3 | 0.272 | 0% | [Na23] | OP | ZP 249 205[72] | i | |
| 930 | Yb | 70 | 173 | 79 | 44 | 4 | ps | 5/2- | +0.15 | 5 | 0.060 | 33% | | IPAC | HypI 15 85[83] | | |
| 931 | Yb | 70 | 173 | 179 | 24 | | ps | 7/2+ | +0.21 | 28 | 0.060 | 133% | | IPAC | HypI 15 85[83] | | |
| 932 | Yb | 70 | 173 | 351 | 470 | 30 | ps | 7/2- | -0.45 | 45 | 0.129 | 100% | | IPAC | HypI 15 85[83] | | |
| 933 | Yb | 70 | 174 | 76 | 1.79 | 5 | ns | 2 | +0.678 | 8 | 0.339 | 1% | | IMPAC | NP A330 225[79] | 32% | |
| 934 | Yb | 70 | 175 | | 4.19 | | d | 7/2 | 0.40 | 5 | 0.115 | 12% | | NO/S | NP A197 352[72] | | |
| 935 | Yb | 70 | 176 | 82 | 1.8 | | ns | 2 | 0.675 | 30 | 0.338 | 4% | [Yb171] | ME | PR 163 1295[67] | 13% | |
| 936 | Lu | 71 | 171 | | 8.25 | | d | 7/2 | 2.03 | 10 | 0.580 | 5% | [Lu177] | NO/S | PR C13 1295[76] | i | |
| 937 | Lu | 71 | 172 | | 6.7 | | d | 4 | 2.25 | 10 | 0.563 | 4% | [Lu177] | NO/S | PR C13 1295[76] | i | |
| 938 | Lu | 71 | 173 | | 1.37 | | y | 7/2 | 2.34 | 9 | 0.669 | 4% | [Lu177] | NO/S | PR C12 1999[75] | | |
| 939 | Lu | 71 | 174 | | 3.3 | | y | (1) | 1.94 | 28 | 1.940 | 14% | [Lu173] | NO/S | PR C12 1999[75] | | |
| 940 | Lu | 71 | 174 | 171 | 142 | | d | (6) | 2.34 | 33 | 0.390 | 14% | | NO/S | PR C12 1999[75] | | |
| 941 | Lu | 71 | 175 | | | | | 7/2 | +2.2327 | 11 | 0.638 | 0% | | OP,N | ZP A275 305[75] | | |
| 942 | Lu | 71 | 175 | 114 | 100 | 5 | ps | 9/2 | +2.01 | 15 | 0.447 | 7% | | IPAC,R | PhSS 32 151[69] | | |
| 943 | Lu | 71 | 175 | 251 | 42 | | ps | 11/2 | +2.0 | 7 | 0.365 | 35% | | IPAC | PL 21 659[66] | | |
| 944 | Lu | 71 | 176 | | 3.6E+10 | | y | 7 | +3.19 | 3 | 0.456 | 1% | [Lu175] | AB,R | ZP A275 305[75] | e | |
| 945 | Lu | 71 | 176 | 127 | 3.68 | | h | 1 | +0.318 | 3 | 0.318 | 1% | [Lu175] | AB,R | ZP A275 305[75] | e | |
| 946 | Lu | 71 | 177 | | 6.71 | | d | 7/2 | +2.239 | 11 | 0.640 | 0% | [Lu175] | AB,R | ZP A275 305[75] | e | |
| 947 | Lu | 71 | 177 | 122 | 116 | | ps | 9/2 | +2.21 | 78 | 0.491 | 35% | | IPAC | IzUz 1973n4 79[73] | | |
| 948 | Lu | 71 | 177 | 150 | 122 | 5 | ns | 9/2 | +5.5 | 3 | 1.222 | 5% | | DPAC | Hyp I 3 257[77] | | |
| 949 | Lu | 71 | 177 | 970 | 160.5 | | d | 23/2 | 2.75 | 21 | 0.239 | 8% | [Lu177] | NO/S | PR C10 825[74] | | |
| 950 | Hf | 72 | 168 | 1,213 | 1 | | ps | 8 | g=+0.07 | 4 | 0.070 | 57% | | IMPAC | NP A238 159[75] | p,E= | |
| 951 | Hf | 72 | 172 | 1,037 | 0.5 | | ps | 8 | g=+0.14 | 4 | 0.140 | 29% | | IMPAC | NP A238 159[75] | p,E= | |
| 952 | Hf | 72 | 172 | 1,685 | 4.8 | 4 | ns | 6 | +5.5 | 6 | 0.917 | 11% | | DPAD | NP A349 1[80] | h | |
| 953 | Hf | 72 | 172 | 2,006 | 163 | 3 | ns | 8 | +7.86 | 6 | 0.983 | 1% | | DPAD | NP A349 1[80] | h | |
| 954 | Hf | 72 | 173 | 1,984 | 19.5 | 6 | ns | 23/2 | +6.6 | 2 | 0.574 | 3% | | DPAD | NP A349 1[80] | h | |
| 955 | Hf | 72 | 174 | 91 | 1.68 | 8 | ns | 2 | | | 0.000 | #ERROR! | | | | 0.16% | |
| 956 | Hf | 72 | 174 | 1,549 | 138 | 4 | ns | 6 | +5.35 | 5 | 0.892 | 1% | | DPAD | NP A349 1[80] | h | |
| 957 | Hf | 72 | 175 | | 70 | | d | 5/2 | 0.7 | 1 | 0.280 | 14% | | NO/S | PR C14 656[76] | | |
| 958 | Hf | 72 | 176 | 88 | 1.39 | 5 | ns | 2 | +0.539 | 41 | 0.270 | 8% | | CEAD | NP A109 201[68] | 5% | |
| 959 | Hf | 72 | 177 | | | | | 7/2 | +0.7935 | 6 | 0.227 | 0% | | AB/D | PL 43B 479[73] | | |
| 960 | Hf | 72 | 177 | 113 | 490 | 15 | ps | 9/2 | +1.082 | 42 | 0.240 | 4% | | IPAC,R | PR C12 2013[75] | | |
| 961 | Hf | 72 | 177 | 250 | 97 | 20 | ps | 11/2 | +1.48 | 52 | 0.269 | 35% | [Hf177] | IPAC | CJP 46 1523[68] | i | |
| 962 | Hf | 72 | 177 | 321 | 0.67 | 2 | ns | 9/2 | -0.725 | 85 | 0.161 | 12% | | IPAC | NP A127 609[69] | | |
| 963 | Hf | 72 | 178 | 93 | 1.47 | 3 | ns | 2 | +0.480 | 28 | 0.240 | 6% | | CEAD | NP A109 201[68] | 27% | |
| 964 | Hf | 72 | 178 | 1,554 | 77 | 1 | ns | 6 | +5.75 | 5 | 0.958 | 1% | | DPAD | NP A349 1[80] | h | |
| 965 | Hf | 72 | 179 | | | | | 9/2 | -0.6409 | 13 | 0.142 | 0% | | AB/D | PL 43B 479[73] | | |
| 966 | Hf | 72 | 179 | 1,106 | 25.1 | | d | 25/2 | 7.43 | 34 | 0.594 | 5% | [Hf177] | NO/S | PR C12 2013[75] | | |
| 967 | Hf | 72 | 180 | 93 | 1.5 | 0.02 | ns | 2 | +0.533 | 30 | 0.267 | 6% | | CEAD | NP A109[201][68] | 35% | |
| 968 | Hf | 72 | 180 | 309 | 80 | | ps | 4 | +2.0 | 4 | 0.500 | 20% | | IPAC | ZP 165 57[61] | | |
| 969 | Hf | 72 | 180 | 1,142 | 5.5 | | h | 8 | +8.7 | 1 | 1.088 | 1% | [Hf180] | ME | PRL 27 1593[71] | | |
| 970 | Ta | 73 | 177 | 70 | 73 | 5 | ns | 5/2 | +4.8 | 5 | 1.920 | 10% | | PPDAC | NP A272 47[76] | | |
| 971 | Ta | 73 | 177 | 186 | 2.78 | 9 | μ s | 1/2 | +2.02 | 13 | 4.040 | 6% | | DPAC | IzF 42 11 58[78] | | |
| 972 | Ta | 73 | 177 | 1,355 | 5 | 2 | μ s | 21/2 | +0.080 | 14 | 0.008 | 18% | | DPAD | NP A381 13[82] | | |
| 973 | Ta | 73 | 181 | | | | | 7/2 | 2.371 | 1 | 0.677 | 0% | | N | JCP 59 3911[73] | | |
| 974 | Ta | 73 | 181 | 6 | 6.8 | 4 | μ s | 9/2 | +5.33 | 11 | 1.184 | 2% | [Ta181] | ME | PL 32B 364[70] | | |
| 975 | Ta | 73 | 181 | 136 | 40 | 2 | ns | 7/2+ | +1.99 | 53 | 0.569 | 27% | | IPAD | IzF 47 1 29[83] | | |
| 976 | Ta | 73 | 181 | 482 | 10.8 | 2 | ns | 5/2 | 3.35 | 4 | 1.340 | 1% | | DPAC | PL 1 126[62] | | |
| 977 | Ta | 73 | 182 | | 115 | | d | 3 | 2.6 | 2 | 0.867 | 8% | | NO/S | PR C5 1104[72] | | |
| 978 | W | 74 | 180 | 104 | 1.22 | 3 | ns | 2 | 0.516 | 34 | 0.258 | 7% | [W182] | ME | ZP 262 413[73] | i,0.13% | |
| 979 | W | 74 | 182 | 100 | 1.37 | 1 | ns | 2 | +0.542 | 42 | 0.271 | 8% | [W184] | IMPAC | PR C9 2399[74] | 26% | |

| | EI | Z | A | E (keV) | T(1/2) | ΔT | U | Spin | σ_{μ} | Moment μ | $\Delta\mu$ | g | Δg % | Ref. | Method | Reference | Note |
|------|----|----|-----|---------|--------|------------|---------|-------|-----------------------|--------------|-------------|---------|--------------|------|-----------|--------------------|----------------|
| 980 | W | 74 | 182 | 329 | 64 | | ps | 4 | +0.88 | 17 | 0.220 | 19% | | | IPAC | DUzb 1972n1 32[72] | |
| 981 | W | 74 | 182 | 1,289 | 1.12 | 2 | ns | 2 | +1.74 | 22 | 0.870 | 13% | | | IPAC | NP A211 573[73] | |
| 982 | W | 74 | 182 | 1,374 | 78 | 10 | ps | 3 | 0.89 | 27 | 0.320 | 28% | | | IPAC | NP A187 49[72] | |
| 983 | W | 74 | 183 | | | | | 1/2 | +0.1177847 | 1 | 0.236 | 0% | [H2] | | N | ZNat 29a 1763[74] | |
| 984 | W | 74 | 183 | 47 | 184 | 5 | ps | 3/2 | -0.1 | 1 | 0.067 | 100% | | | ME | PR 155 1342[67] | |
| 985 | W | 74 | 183 | 99 | 0.71 | 4 | ns | 5/2 | 0.930 | 43 | 0.372 | 5% | [W183] | | ME,R | PR 170 1066[88] | |
| 986 | W | 74 | 184 | 111 | 1.25 | 2 | ns | 2 | +0.576 | 14 | 0.288 | 2% | | | CEAD | CJP 50 736[72] | 31% |
| 987 | W | 74 | 184 | 111 | 1.251 | 12 | ns | 2+ | +0.578 | 14 | 0.289 | 2% | | | IPAC | ZP A316 87[84] | |
| 988 | W | 74 | 184 | 364 | 47 | | ps | 4+ | +1.21 | 7 | 0.303 | 6% | [W184,2+] | | IMPAC | ZP A322 287[85] | |
| 989 | W | 74 | 184 | 364 | 47 | | ps | 4 | +1.27 | 10 | 0.318 | 8% | [W184] | | IPAC | BMBW-FB K70-09 22 | f |
| 990 | W | 74 | 184 | 748 | 5.4 | 6 | ps | 6+ | +1.91 | 17 | 0.318 | 9% | [W184,2+] | | IMPAC | ZP A322 287[85] | |
| 991 | W | 74 | 184 | 903 | 1.701 | 80 | ps | 2+ | +0.254 | 90 | 0.127 | 35% | [W184,2+] | | IMPAC | ZP A322 287[85] | |
| 992 | W | 74 | 184 | 1,252 | 1.3 | | ps | 8+ | +2.96 | 6 | 0.370 | 20% | [W184,2+] | | IMPAC | ZP A322 287[85] | |
| 993 | W | 74 | 186 | 123 | 1.01 | 4 | ns | 2 | 0.624 | 22 | 0.312 | 4% | [W183] | | ME | PR 170 1066[88] | 29% |
| 994 | W | 74 | 186 | 397 | 36 | | ps | 4+ | +2.6 | 1 | 0.650 | 4% | [W186,2+] | | IMPAC | ZP A320 669[85] | |
| 995 | W | 74 | 186 | 738 | 4.4 | | ps | 2+ | +0.78 | 16 | 0.390 | 21% | [W186,2+] | | IMPAC | ZP A320 669[85] | |
| 996 | W | 74 | 186 | 809 | 3.5 | | ps | 6+ | +3.9 | 8 | 0.650 | 21% | [W186,2+] | | IMPAC | ZP A320 669[85] | |
| 997 | W | 74 | 187 | | 23.9 | | h | 3/2 | 0.688 | 21 | 0.459 | 3% | | | NO/S | PR C7 1555[73] | |
| 998 | Re | 75 | 181 | | 20 | | h | 5/2 | +3.19 | 7 | 1.276 | 2% | | | | IzF 42 11 58[78] | |
| 999 | Re | 75 | 181 | | 20 | | h | 5/2 | 3.242 | 65 | 1.297 | 2% | | | N/RD | Cf74 Uppsala 122 | |
| 1000 | Re | 75 | 182 | | 64 | | h | (7) | 2.79 | 6 | 0.399 | 2% | | | NO/S | HypI 15 89[83] | |
| 1001 | Re | 75 | 182 | | 12.7 | | h | 2 | +3.11 | 33 | 1.555 | 11% | | | NO/S | PR C21 361[80] | |
| 1002 | Re | 75 | 182 | 0 | 64 | | h | 6,7 | g \rightarrow 0.399 | 8 | 0.399 | 2% | | | N/RD | Cf74 Uppsala 122 | (0)r |
| 1003 | Re | 75 | 182 | 236 | 0.57 | 3 | μ s | 2- | +2.12 | 8 | 1.060 | 4% | | | DPAD | IzF 42 11 58[78] | |
| 1004 | Re | 75 | 183 | | 71 | | d | (5/2) | 3.03 | 11 | 1.212 | 4% | | | NO/S | NP A210 317[73] | |
| 1005 | Re | 75 | 183 | 496 | 7.7 | 5 | ns | (9/2) | 5.38 | 32 | 1.196 | 6% | | | DPAC | Cf67 HypStr 183 | |
| 1006 | Re | 75 | 184 | | 38 | | d | 3 | 2.499 | 51 | 0.833 | 2% | | | N/RD | Cf74 Uppsala 124 | |
| 1007 | Re | 75 | 184 | 188 | 169 | | d | 8 | 2.86 | 13 | 0.358 | 5% | | | NO/S | NP A210 317[73] | |
| 1008 | Re | 75 | 185 | | | | | 5/2 | +3.1871 | 3 | 1.275 | 0% | [Na23] | | N | PR 82 105[51] | f |
| 1009 | Re | 75 | 185 | 125 | 10 | | ps | 7/2 | +2.10 | 81 | 0.600 | 39% | | | | Cf72 Kiev1 150 | n |
| 1010 | Re | 75 | 186 | | 90.6 | | h | 1 | +1.739 | 3 | 1.739 | 0% | | | AB/D | PR 138 B310[65] | |
| 1011 | Re | 75 | 186 | 314 | 23.1 | 9 | ns | 3 | +2.17 | 5 | 0.723 | 2% | | | IPAC | IzF 44 11 36[80] | |
| 1012 | Re | 75 | 186 | 330 | 17.4 | 7 | ns | 5 | +4.59 | 9 | 0.918 | 2% | | | DPAD | IzF 44 11 36[80] | |
| 1013 | Re | 75 | 187 | | 4E+10 | | y | 5/2 | +3.2197 | 3 | 1.288 | 0% | [Na23] | | N | PR 82 105[51] | f |
| 1014 | Re | 75 | 187 | 134 | 9.9 | | ps | 7/2 | +1.92 | 88 | 0.549 | 46% | | | | Cf72 Kiev1 150 | n |
| 1015 | Re | 75 | 187 | 203 | | | | 9/2- | 5.04 | 9 | 1.120 | 2% | | | DPAC | IzF 42 11 58[78] | T |
| 1016 | Re | 75 | 187 | 206 | 555.3 | 17 | ns | 9/2- | +5.04 | 14 | 1.120 | 3% | | | DPAC | IAP 15 646[77] | |
| 1017 | Re | 75 | 188 | | 16.9 | | h | 1 | +1.788 | 5 | 1.788 | 0% | | | AB/D | PR 138 B310[65] | |
| 1018 | Os | 76 | 184 | 120 | 1.184 | 13 | ns | 2 | | | 0.000 | #ERROR! | | | | | 0.02% |
| 1019 | Os | 76 | 186 | 137 | 845 | 20 | ps | 2 | +0.52 | 3 | 0.260 | 6% | | | IMPAC | PR C25 293[82] | 2% |
| 1020 | Os | 76 | 186 | 1,775 | 12 | | ns | 7- | -0.22 | 14 | 0.031 | 64% | | | IPAD,DPAD | YadF 39 326[84] | T= |
| 1021 | Os | 76 | 187 | | | | | 1/2 | +0.06465184 | 6 | 0.129 | 0% | [H2] | | N | ZNat 29a 1763[74] | |
| 1022 | Os | 76 | 188 | 155 | 714 | 21 | ps | 2 | +0.60 | 3 | 0.300 | 5% | | | IMPAC | PR C25 293[82] | 13% |
| 1023 | Os | 76 | 188 | 633 | 5.5 | 6 | ps | 2 | +0.86 | 16 | 0.430 | 19% | | | IPAC | CJP 45 1597[67] | |
| 1024 | Os | 76 | 188 | 1,770 | 20 | | ns | 7- | -0.18 | 11 | 0.026 | 61% | | | IPAD,DPAD | YadF 39 326[84] | T= |
| 1025 | Os | 76 | 189 | | | | | 3/2 | 0.659933 | 4 | 0.440 | 0% | [H1] | | N | PL 26A 258[68] | |
| 1026 | Os | 76 | 189 | 36 | 0.5 | 3 | ns | 1/2 | +0.226 | 29 | 0.452 | 13% | [Os189] | | ME | PL 28B 548[69] | |
| 1027 | Os | 76 | 189 | 70 | 1.63 | 4 | ns | 5/2 | 0.984 | 8 | 0.394 | 1% | [Os189] | | ME | ZP 254 112[72] | f |
| 1028 | Os | 76 | 189 | 95 | 0.23 | | ns | 3/2 | -0.320 | 46 | 0.213 | 14% | | | IPAC | IzF 35 2295[71] | c |
| 1029 | Os | 76 | 190 | 187 | 0.37 | 2 | ns | 2 | 0.662 | 32 | 0.331 | 5% | | | MH | JPJS 34 586[73] | a,26% |
| 1030 | Os | 76 | 190 | 548 | 14 | | ps | 4 | ==+1.8 | | 0.450 | 0% | | | IMPAC | NP A144 369[70] | b, $\Delta\mu$ |
| 1031 | Os | 76 | 192 | 206 | 0.28 | 2 | ns | 2 | 0.797 | 36 | 0.399 | 5% | | | MH | JPJS 34 586[73] | a,41% |
| 1032 | Os | 76 | 192 | 489 | 31.6 | 20 | ps | 2 | +0.54 | 6 | 0.270 | 11% | [Os192,2+] | | IMPAC | NP A401 175[83] | |
| 1033 | Os | 76 | 192 | 580 | 14.1 | 15 | ps | 4 | +1.6 | 2 | 0.400 | 13% | [Os192,2+] | | IMPAC | NP A401 175[83] | |
| 1034 | Os | 76 | 193 | | 30.5 | | h | 3/2- | 0.75 | 3 | 0.500 | 4% | | | NO/S,ME | JPGL 11 287[85] | |
| 1035 | Os | 76 | 193 | | | | | 3/2- | -0.75 | 3 | 0.500 | 4% | | | N/ME | HypI 22 591[85] | T |
| 1036 | Os | 76 | 193 | | 30.6 | | h | (3/2) | 1.30 | 19 | 0.887 | 15% | | | NO/S | PR C7 1555[73] | |
| 1037 | Ir | 77 | 188 | | 41.5 | | h | 1 | 0.302 | 10 | 0.302 | 3% | | | NO/S | PR C32 582[85] | |
| 1038 | Ir | 77 | 190 | | 11.78 | 10 | d | 4+ | +0.04 | 1 | 0.010 | 25% | | | NO/S | JPGL 9 1125[83] | |
| 1039 | Ir | 77 | 191 | | | | | 3/2 | +0.1507 | 6 | 0.100 | 0% | | | AB | PL 140B 17[84] | |
| 1040 | Ir | 77 | 191 | | | | | 3/2 | +0.147 | 8 | 0.098 | 5% | | | ENDOR | JPCL 2 1405[69] | |
| 1041 | Ir | 77 | 191 | 82 | 3.8 | 4 | ns | 1/2 | +0.515 | 25 | 1.030 | 5% | [Ir191] | | ME | PR 185 1555[69] | d,l |
| 1042 | Ir | 77 | 191 | 129 | 89.4 | 14 | ps | 5/2 | +0.49 | 5 | 0.196 | 10% | | | IPAD | IzF 44 9 1[80] | n |
| 1043 | Ir | 77 | 191 | 129 | 123.1 | 42 | ps | 5/2+ | +0.450 | 23 | 0.180 | 5% | | | IMPAC | NP A456 349[86] | |
| 1044 | Ir | 77 | 191 | 129 | 131 | 9 | ps | 5/2 | +0.59 | 7 | 0.236 | 12% | | | IPAC | IzUz 1973n4 79[73] | b |
| 1045 | Ir | 77 | 191 | 171 | 4.9 | | s | 11/2 | 6.026 | 36 | 1.096 | 1% | | | N/RD | PR C9 2063[74] | d |
| 1046 | Ir | 77 | 191 | 179 | 40 | | ps | 3/2 | +1.40 | 38 | 0.933 | 27% | | | IPAC | IzUz 1973n4 79[73] | |
| 1047 | Ir | 77 | 191 | 343 | 23.3 | 21 | ps | 7/2+ | +2.07 | 46 | 0.591 | 22% | | | IMPAC | NP A456 349[86] | |
| 1048 | Ir | 77 | 191 | 503 | 13.1 | 32 | ps | 9/2+ | +3.1 | 11 | 0.880 | 35% | | | IMPAC | NP A456 349[86] | |
| 1049 | Ir | 77 | 191 | 686 | 3.3 | 5 | ps | 7/2+ | +0.53 | 74 | 0.151 | 140% | | | IMPAC | NP A456 349[86] | |
| 1050 | Ir | 77 | 192 | | 74.2 | | d | 4 | +1.880 | 11 | 0.470 | 1% | | | N/RD | PL 36B 328[71] | d |
| 1051 | Ir | 77 | 193 | | | | | 3/2 | +0.163 | 6 | 0.109 | 4% | | | ENDOR | JPCL 2 1405[69] | |
| 1052 | Ir | 77 | 193 | | | | | 3/2 | +0.1636 | 60 | 0.109 | 4% | | | AB | PL 140B 17[84] | |
| 1053 | Ir | 77 | 193 | 73 | 6.2 | 2 | ns | 1/2 | +0.504 | 3 | 1.008 | 1% | [Ir193] | | ME | PRL 23 680[69] | i |
| 1054 | Ir | 77 | 193 | 139 | 88 | 9 | ps | 5/2 | +0.39 | 17 | 0.156 | 44% | | | IPAC | IzUz 1973n4 79[73] | b |
| 1055 | Ir | 77 | 193 | 139 | 87.8 | 33 | ps | 5/2+ | +0.528 | 30 | 0.211 | 6% | | | IMPAC | NP A456 349[86] | |
| 1056 | Ir | 77 | 193 | 180 | 55 | | ps | 3/2 | +1.10 | 42 | 0.733 | 38% | | | IPAC | IzUz 1973n4 79[73] | |
| 1057 | Ir | 77 | 193 | 358 | 20.2 | 18 | ps | 7/2+ | +2.17 | 46 | 0.620 | 21% | | | IMPAC | NP A456 349[86] | |
| 1058 | Ir | 77 | 193 | 522 | 11.4 | 40 | ps | 9/2+ | +3.8 | 11 | 0.844 | 29% | | | IMPAC | NP A456 349[86] | |
| 1059 | Ir | 77 | 193 | 621 | 5.6 | 7 | ps | 7/2+ | +0.53 | 39 | 0.151 | 74% | | | IMPAC | NP A456 349[86] | |
| 1060 | Ir | 77 | 194 | | 19.2 | | h | 1 | 0.37 | 4 | 0.370 | 11% | | | NO/S | NP A129 273[69] | d |
| 1061 | Pt | 78 | 189 | | | | | 3/2- | 0.427 | 9 | 0.285 | 2% | | | NO/S | HypI 22 585[85] | T |
| 1062 | Pt | 78 | 190 | 296 | 45 | 15 | ps | 2 | | | 0.000 | #ERROR! | | | | | 0.01% |
| 1063 | Pt | 78 | 191 | | | | | 3/2- | 0.492 | 10 | 0.328 | 2% | | | NO/S | HypI 22 585[85] | T |
| 1064 | Pt | 78 | 192 | 317 | 37.4 | 17 | ps | 2 | 0.648 | 45 | 0.324 | 7% | | | IPAC | HypI 1 113[75] | b,0.8% |
| 1065 | Pt | 78 | 192 | 612 | 20 | 2 | ps | 2 | 0.95 | 19 | 0.475 | 20% | | | IPAC | HypI 1 113[75] | b |
| 1066 | Pt | 78 | 192 | 785 | 4.2 | | ps | 4 | +1.6 | 11 | 0.400 | 69% | | | IPAC | CJP 47 2395[69] | b |
| 1067 | Pt | 78 | 193 | 149.8 | 4.3 | | d | 13/2+ | 0.7417 | 14 | 0.114 | 0% | | | NO/S | HypI 22 163[85] | |
| 1068 | Pt | 78 | 194 | 328 | 45 | 2 | ps | | | | | | | | | | |

| | EI | Z | A | E (keV) | T(1/2) | ΔT | U | Spin | σ _μ | Moment μ | Δμ | g | Δg % | Ref. | Method | Reference | Note |
|------|----|----|-----|---------|--------|-----|----|-------|----------------|------------|-----|-------|---------|------------|-----------|-------------------|----------------|
| 1069 | Pt | 78 | 194 | 622 | 35 | 4 | ps | 2 | | 0.686 | 63 | 0.343 | 9% | | IPAC | Hyp1 1 113[75] | b |
| 1070 | Pt | 78 | 195 | | | | | 1/2 | | +0.60949 | 6 | 1.219 | 0% | [Na23] | N | PR 81 205[51] | f |
| 1071 | Pt | 78 | 195 | 99 | 0.17 | 2 | ns | 3/2 | | 0.62 | 6 | 0.413 | 10% | [P1195] | ME | PR 155 139[67] | f |
| 1072 | Pt | 78 | 195 | 130 | 0.62 | 9 | ns | 5/2 | | 0.91 | 8 | 0.364 | 9% | [P1195] | ME | HPAc 46 735[74] | |
| 1073 | Pt | 78 | 195 | 211 | 67 | 5 | ps | 3/2 | | +0.156 | 32 | 0.104 | 21% | | CEAD | PR C6 388[72] | |
| 1074 | Pt | 78 | 195 | 239 | 80 | | ps | 5/2 | | 0.523 | 50 | 0.209 | 10% | | IMPAC | ZP 270 163[74] | b |
| 1075 | Pt | 78 | 195 | 259 | 4.2 | | d | 13/2 | | 0.597 | 15 | 0.092 | 3% | | N/RD | PRL 28 720[72] | d |
| 1076 | Pt | 78 | 196 | 356 | 30.2 | 21 | ps | 2 | | +0.416 | 42 | 0.208 | 10% | | IMPAC | PR C25 293[82] | 25% |
| 1077 | Pt | 78 | 196 | 689 | 36 | 25 | ps | 2 | | +0.6 | 1 | 0.300 | 17% | | IMPAC | PR C24 2106[81] | |
| 1078 | Pt | 78 | 196 | 877 | 3.5 | 3 | ps | 4 | | +1.2 | 2 | 0.300 | 17% | | IMPAC | PR C24 2106[81] | |
| 1079 | Pt | 78 | 197 | | 18.3 | | h | 1/2 | | 0.51 | 2 | 1.020 | 4% | | AB | JPCR 5 835[76] | |
| 1080 | Pt | 78 | 197 | 53 | 18.5 | 15 | ns | 5/2 | | +0.84 | 3 | 0.336 | 4% | | DPAC | PR C25 1587[82] | |
| 1081 | Pt | 78 | 198 | 407 | 24.5 | 8 | ps | 2 | | +0.65 | 5 | 0.325 | 8% | | IMPAC | NP A365 317[81] | 7% |
| 1082 | Pt | 78 | 198 | 775 | | | | 2 | | +0.68 | 12 | 0.340 | 18% | | IMPAC | NP A365 317[81] | T |
| 1083 | Pt | 78 | 198 | 991 | 4.7 | 4 | ps | 4 | | +1.36 | 24 | 0.340 | 18% | | IMPAC | NP A365 317[81] | |
| 1084 | Au | 79 | 190 | | 43 | | m | 1 | | 0.066 | | 0.066 | 0% | [Au197] | AB | PR 144 1020[66] | Δμ |
| 1085 | Au | 79 | 191 | | 3.2 | | h | 3/2 | | 0.138 | 7 | 0.092 | 5% | [Au197] | AB | PR 135 A358[64] | |
| 1086 | Au | 79 | 192 | | 5 | | h | 1 | | 0.0079 | 11 | 0.008 | 14% | [Au197] | AB | UCRL-8756[59] | i |
| 1087 | Au | 79 | 193 | | 17.5 | | h | 3/2 | | 0.140 | 7 | 0.093 | 5% | [Au197] | AB | PR 135 A358[64] | |
| 1088 | Au | 79 | 193 | 290 | 3.9 | | s | 11/2- | | 6.18 | 9 | 1.124 | 1% | | NO/S | NP A399 83[83] | |
| 1089 | Au | 79 | 194 | | 39.5 | | h | 1 | | 0.074 | 4 | 0.074 | 5% | [Au197] | AB | PR 137 B1129[65] | |
| 1090 | Au | 79 | 195 | | 183 | | d | 3/2 | | 0.148 | 7 | 0.099 | 5% | [Au197] | AB | PR 137 B1129[65] | |
| 1091 | Au | 79 | 195 | 319 | 30.6 | | s | 11/2 | | 6.268 | 31 | 1.140 | 0% | | N/RD | Hyp1 2 45[76] | a |
| 1092 | Au | 79 | 196 | | 6.18 | | d | 2 | | +0.5914 | 14 | 0.296 | 0% | | AB/D | PR C2 225[70] | |
| 1093 | Au | 79 | 196 | 595 | 9.7 | | h | 12 | | 5.35 | 20 | 0.446 | 4% | [Au197] | NO/S | PL 37B 181[71] | |
| 1094 | Au | 79 | 197 | | | | | 3/2 | | +0.148158 | 8 | 0.099 | 0% | [H2] | N | PR 175 696[68] | h |
| 1095 | Au | 79 | 197 | | 7.8 | | s | 11/2- | | +5.98 | 9 | 1.087 | 2% | | N/N | Hyp1 15 93[83] | |
| 1096 | Au | 79 | 197 | 77 | 1.91 | | ns | 1/2 | | +0.419 | 5 | 0.838 | 1% | [Au197] | ME | PR 171 343[68] | d |
| 1097 | Au | 79 | 197 | 279 | 16 | | ps | 5/2 | | ≤0.125 | | 0.050 | 0% | | CEAD | APHu 36 19[74] | c, Δμ |
| 1098 | Au | 79 | 197 | 279 | 16 | 3 | ps | 5/2+ | | +0.53 | 5 | 0.212 | 9% | | IMPAC | PR C33 1785[86] | |
| 1099 | Au | 79 | 197 | 548 | 4.6 | 3 | ps | 7/2+ | | +0.53 | 7 | 0.151 | 13% | | IMPAC | PR C33 1785[86] | |
| 1100 | Au | 79 | 198 | | 2.3 | | d | 12- | | +5.85 | 9 | 0.488 | 2% | | N/N | Hyp1 15 93[83] | |
| 1101 | Au | 79 | 198 | | 2.696 | | d | 2 | | +0.5934 | 4 | 0.297 | 0% | | AB/D | PR 158 1079[67] | |
| 1102 | Au | 79 | 198 | 312 | 123 | 4 | ns | 5 | | 6.00 | 40 | 1.202 | 7% | | DPAC | VDeu 6 530[70] | a |
| 1103 | Au | 79 | 198 | 812 | 2.3 | | d | (12) | | 5.55 | 35 | 0.463 | 6% | [Au197] | N/S | NP A247 195[75] | |
| 1104 | Au | 79 | 199 | | 3.14 | | d | 3/2 | | +0.2715 | 7 | 0.181 | 0% | | AB/D | PR 158 1078[67] | |
| 1105 | Au | 79 | 200 | | 18.7 | | h | 12- | | +5.91 | 9 | 0.493 | 2% | | NO/S | Hyp1 15 93[83] | |
| 1106 | Au | 79 | 200 | 1,000 | 18.7 | | h | 12 | | 6.10 | 20 | 0.508 | 3% | [Au197] | N/RD | PR C7 1654[73] | E |
| 1107 | Hg | 80 | 181 | | 3.6 | | s | 1/2 | | +0.5071 | 7 | 1.014 | 0% | | OP/RD | ZP A276 187[76] | |
| 1108 | Hg | 80 | 183 | | 8.8 | | s | 1/2 | | +0.524 | 5 | 1.048 | 1% | | OP/RD | ZP A276 187[76] | |
| 1109 | Hg | 80 | 185 | | 48 | | s | 1/2 | | +0.507 | 4 | 1.014 | 1% | | OP/RD | ZP A276 187[76] | |
| 1110 | Hg | 80 | 187 | | 2.4 | | m | 3/2 | | -0.593 | 4 | 0.395 | 1% | | OP/RD | ZP A276 187[76] | |
| 1111 | Hg | 80 | 188 | 2,918 | 135 | | ns | 12 | | -2.02 | 12 | 0.168 | 6% | | DPAD | ZP A313 289[83] | |
| 1112 | Hg | 80 | 189 | 0 | 7.5 | | m | 3/2 | | -0.6086 | 7 | 0.406 | 0% | | OP/RD | ZP A276 187[76] | (0)r |
| 1113 | Hg | 80 | 190 | 2,596 | 21 | 2 | ns | 10 | | -2.1 | 2 | 0.210 | 10% | | DPAD | PRL 45 878[80] | E= |
| 1114 | Hg | 80 | 193 | | 4 | | h | 3/2 | | -0.62757 | 18 | 0.418 | 0% | [Hg199] | OP | PR C4 620[71] | |
| 1115 | Hg | 80 | 193 | 141 | 11 | | h | 13/2 | | -1.058429 | 3 | 0.163 | 0% | [Hg199] | OP,N | PR C7 2065[73] | |
| 1116 | Hg | 80 | 194 | 2,423 | 11.6 | 10 | ns | 10 | | -2.4 | 4 | 0.240 | 17% | | IPAD | PL 97B 197[80] | |
| 1117 | Hg | 80 | 195 | | 10 | | h | 1/2 | | +0.541475 | 1 | 1.083 | 0% | [Hg199] | OP,N | PR C7 2065[73] | |
| 1118 | Hg | 80 | 195 | 176 | 41 | | h | 13/2 | | -1.044647 | 3 | 0.161 | 0% | [Hg199] | OP,N | PR C7 2065[73] | |
| 1119 | Hg | 80 | 196 | 426 | 13.6 | 20 | ps | 2 | | | | 0.000 | #ERROR! | | | | 0.15% |
| 1120 | Hg | 80 | 196 | 1,841 | 5.22 | 16 | ns | 7- | | -0.28 | 14 | 0.040 | 50% | | IPAD,DPAD | YadF 39 326[84] | |
| 1121 | Hg | 80 | 196 | 2,360 | 7 | 1 | ns | 10 | | -1.8 | 9 | 0.180 | 50% | | IPAD | PL 97B 197[80] | |
| 1122 | Hg | 80 | 197 | | 64.1 | | h | 1/2 | | +0.5273741 | 9 | 1.055 | 0% | [Hg199] | OP,N | PR C7 2065[73] | |
| 1123 | Hg | 80 | 197 | 134 | 7.05 | 5 | ns | 5/2 | | +0.855 | 15 | 0.342 | 2% | | DPAC | ZP A283 337[77] | |
| 1124 | Hg | 80 | 197 | 299 | 23.8 | | h | 13/2 | | -1.027684 | 3 | 0.158 | 0% | [Hg199] | OP,N | PR C7 2065[73] | |
| 1125 | Hg | 80 | 198 | 1,684 | 6.9 | 2 | ns | 7- | | -0.210 | 105 | 0.030 | 50% | | IPAD,DPAD | YadF 39 326[84] | |
| 1126 | Hg | 80 | 199 | | | | | 1/2 | | +0.5058851 | 9 | 1.012 | 0% | [H1] | OP,N | AnP s13v6 467[61] | |
| 1127 | Hg | 80 | 199 | 158 | 2.38 | 7 | ns | 5/2 | | +0.88 | 3 | 0.352 | 3% | | IPAC | ZP A283 337[77] | |
| 1128 | Hg | 80 | 199 | 208 | 68 | 4 | ps | 3/2 | | >0.32 | | 0.213 | 0% | | RIGV | NP A221 13[74] | Δμ |
| 1129 | Hg | 80 | 199 | 208 | 69 | 2 | ps | 3/2- | | -0.47 | 8 | 0.313 | 17% | | IMPAC | NP A448 189[86] | |
| 1130 | Hg | 80 | 199 | 532 | 42.6 | | m | 13/2 | | -1.014702 | 3 | 0.156 | 0% | [Hg199] | OP,N | PR C7 2065[73] | |
| 1131 | Hg | 80 | 200 | 368 | 46.6 | 8 | ps | 2+ | | +0.58 | 12 | 0.290 | 21% | [Hg198,2+] | IMPAC | NP A448 123[86] | g(2+)=0.52[10] |
| 1132 | Hg | 80 | 201 | | | | | 3/2 | | -0.560225 | 1 | 0.373 | 0% | [Hg199] | OP,N | PR C7 2065[73] | |
| 1133 | Hg | 80 | 202 | 440 | 26.8 | 4 | ps | 2+ | | +0.88 | 18 | 0.440 | 20% | [Hg198,2+] | IMPAC | NP A448 123[86] | g(2+)=0.52[10] |
| 1134 | Hg | 80 | 203 | | 46.8 | | d | 5/2 | | +0.84895 | 13 | 0.340 | 0% | [Hg201] | OP,O | PL 31B 567[70] | |
| 1135 | Hg | 80 | 204 | 437 | 40.2 | 6 | ps | 2+ | | +0.86 | 18 | 0.430 | 21% | [Hg198,2+] | IMPAC | NP A448 123[86] | g(2+)=0.52[10] |
| 1136 | Hg | 80 | 205 | | 5.2 | | m | 1/2 | | +0.6010 | 1 | 1.202 | 0% | [Hg199] | OP,N/RD | ZP A272 369[75] | |
| 1137 | Hg | 80 | 206 | 2,102 | 3.1 | 0.3 | μs | 5- | | 5.45 | 5 | 1.090 | 1% | | DPAD | PR C26 914[82] | |
| 1138 | Tl | 81 | 192 | | 296 | 5 | ns | 8 | | +1.66 | 4 | 0.208 | 2% | | DPAD | NP A389 341[82] | E |
| 1139 | Tl | 81 | 194 | | 33 | | m | 2 | | 0.14 | 1 | 0.070 | 7% | [Tl203] | AB | Hyp1 1 437[76] | |
| 1140 | Tl | 81 | 195 | | 1.16 | | h | 1/2 | | +1.58 | 4 | 3.160 | 3% | [Tl205] | O | PR 188 189[69] | |
| 1141 | Tl | 81 | 196 | | 1.84 | | h | 2 | | 0.07 | 1 | 0.035 | 14% | [Tl203] | AB | Hyp1 1 437[76] | |
| 1142 | Tl | 81 | 197 | | 2.84 | | h | 1/2 | | +1.58 | 2 | 3.160 | 1% | [Tl205] | O | JOSA 56 1604[66] | |
| 1143 | Tl | 81 | 198 | | 5.3 | | h | 2 | | 0.00 | 1 | 0.001 | 1,000% | [Tl203] | AB | Hyp1 1 437[76] | |
| 1144 | Tl | 81 | 198 | | 1.9 | | h | 7+ | | +4.49 | 7 | 0.641 | 2% | | AB,N | NP A395 182[83] | |
| 1145 | Tl | 81 | 198 | 544 | 1.87 | | h | 7 | | 0.64 | 7 | 0.091 | 11% | [Tl203] | AB | Hyp | |

| | El | Z | A | E (keV) | T(1/2) | ΔT | U | Spin | $s\mu$ | Moment μ | $\Delta\mu$ | g | Δg % | Ref. | Method | Reference | Note |
|------|----|----|-----|---------|--------|------------|------------|-------|--------|--------------|-------------|-------|--------------|---------|--------|-----------------|------------------------|
| 1158 | Tl | 81 | 205 | 619 | 0.9 | | ps | 5/2 | | + 2.23 | 65 | 0.892 | 29% | | IMPAC | NP A314 161[79] | |
| 1159 | Tl | 81 | 205 | 2,623 | 0 | | | (5/2) | | 0.71 | 15 | 0.284 | 21% | | MH | NP A181 25[72] | T |
| 1160 | Tl | 81 | 205 | 3,291 | 2.56 | | μs | 25/2 | | + 6.8 | 1 | 0.544 | 1% | | DPAD | PRL 48 466[82] | |
| 1161 | Tl | 81 | 206 | 1,405 | 78 | | ns | (5) | | 4.265 | 60 | 0.853 | 1% | | DPAD | PL 64B 273[76] | I |
| 1162 | Tl | 81 | 206 | 1,621 | 10.1 | | ns | (7) | | < 2.45 | | 0.350 | 0% | | DPAD | PL 64B 273[76] | $\Delta\mu$ |
| 1163 | Pb | 82 | 192 | 2,700 | 1,070 | | 100 ns | 12+ | | - 2.076 | 24 | 2.076 | 1% | | DPAD | NP A411 248[83] | E= |
| 1164 | Pb | 82 | 194 | 2,600 | 392 | | 10 ns | 12 | | - 1.89 | 7 | 0.158 | 4% | | DPAD | NP A285 156[77] | E= |
| 1165 | Pb | 82 | 196 | 2,700 | 269 | | 5 ns | 12 | | - 1.88 | 8 | 0.157 | 4% | | DPAD | NP A285 156[77] | E= |
| 1166 | Pb | 82 | 196 | 2,700 | 269 | | 10 ns | 12+ | | - 1.920 | 18 | 0.160 | 1% | | DPAD | NP A411 248[83] | E= |
| 1167 | Pb | 82 | 198 | | 4.19 | | 10 μs | 8- | | - 0.3768 | 64 | 0.047 | 2% | | DPAD | HypI 34 77[87] | E |
| 1168 | Pb | 82 | 198 | 2,800 | 211 | | 10 ns | 12+ | | - 1.862 | 18 | 0.155 | 1% | | DPAD | NP A411 248[83] | E= |
| 1169 | Pb | 82 | 198 | 2,800 | 224 | | 4 ns | 12 | | - 1.73 | 13 | 0.144 | 1% | | DPAD | NP A285 156[77] | E= |
| 1170 | Pb | 82 | 199 | | 9.8 | | 4 μs | 29/2- | | - 1.076 | 13 | 0.074 | 1% | | DPAD | HypI 34 77[87] | E |
| 1171 | Pb | 82 | 200 | 2,237 | 480 | | 20 ns | (9) | | - 0.256 | 10 | 0.028 | 4% | | DPAD | NP A229 230[74] | I |
| 1172 | Pb | 82 | 200 | 3,100 | 158 | | ns | (12) | | - 1.884 | 72 | 0.157 | 4% | | DPAD | PR C12 1242[75] | I, E |
| 1173 | Pb | 82 | 200 | 3,200 | 205 | | 10 ns | 12+ | | - 1.814 | 18 | 1.814 | 0% | | DPAD | NP A411 248[83] | E= |
| 1174 | Pb | 82 | 202 | 1,383 | 1.97 | | 2 ns | 4 | | + 0.008 | 16 | 0.002 | 200% | | IPAC | ZP A280 371[77] | |
| 1175 | Pb | 82 | 202 | 5,242 | 105 | | 2 ns | 19- | | 1.881 | 60 | 0.099 | 3% | | DPAC | HypI 34 73[87] | |
| 1176 | Pb | 82 | 204 | 899 | 3.2 | | ps | 2 | | < 0.16 | | 0.080 | 0% | | RIGV | NP A221 555[74] | $\Delta\mu$, 1.4% |
| 1177 | Pb | 82 | 204 | 1,274 | 280 | | 12 ns | 4 | | + 0.224 | 4 | 0.056 | 2% | | DPAD | NP A229 230[74] | I |
| 1178 | Pb | 82 | 205 | | 63 | | 3 ns | 33/2+ | | - 2.442 | 83 | 2.442 | 3% | | DPAD | NP A411 248[83] | E |
| 1179 | Pb | 82 | 205 | 1,014 | 5.55 | | 20 ms | 13/2 | | - 0.975 | 40 | 0.150 | 4% | | DPAD | NP A176 497[71] | I |
| 1180 | Pb | 82 | 205 | 3,198 | 217 | | 5 ns | 25/2 | | - 0.845 | 14 | 0.068 | 2% | | DPAD | ZP A277 273[76] | I |
| 1181 | Pb | 82 | 205 | 5,161 | 71 | | 3 ns | 33/2 | | - 2.62 | 13 | 0.159 | 5% | | DPAD | ZP A277 273[76] | I |
| 1182 | Pb | 82 | 206 | 803 | 8.9 | | ps | 2 | | 0.14 | | 0.070 | 0% | | RIGV | NP A221 555[74] | $\Delta\mu$ +14,-6,24% |
| 1183 | Pb | 82 | 206 | 2,200 | 129 | | 1 μs | 7 | | - 0.1519 | 28 | 0.022 | 2% | | SOPAD | NP A186 97[72] | I |
| 1184 | Pb | 82 | 206 | 2,384 | 29 | | 8 ps | 6 | | + 0.78 | 42 | 0.130 | 54% | | IPAC | NP A146 215[70] | |
| 1185 | Pb | 82 | 206 | 4,000 | 185 | | 15 ns | 12+ | | - 1.795 | 22 | 1.795 | 1% | | DPAD | NP A411 248[83] | E= |
| 1186 | Pb | 82 | 207 | | | | | 1/2 | | + 0.592582 | 9 | 1.185 | 0% | [H2] | N | PL 35A 397[71] | |
| 1187 | Pb | 82 | 207 | 570 | 129 | | 3 ps | 5/2 | | + 0.80 | 3 | 0.320 | 4% | | IPAC | JPJS 34 271[73] | |
| 1188 | Pb | 82 | 208 | 2,615 | 15 | | 1 ps | 3 | | + 1.92 | 29 | 0.640 | 15% | | IPAC | JPJS 34 271[73] | |
| 1189 | Pb | 82 | 208 | 3,198 | 297 | | 17 ps | 5 | | + 0.106 | 35 | 0.021 | 33% | [Pb208] | IPAC | NP A138 90[69] | |
| 1190 | Pb | 82 | 210 | 1,193 | 49 | | 6 ns | 6 | | - 1.87 | 9 | 0.312 | 5% | | DPAD | PR C28 1060[83] | E= |
| 1191 | Pb | 82 | 210 | 1,272 | 201 | | 17 ns | 8 | | - 2.496 | 64 | 0.312 | 3% | | DPAD | PR C28 1060[83] | E= |
| 1192 | Bi | 83 | 202 | 598 | 3.04 | | μs | 10 | | + 2.55 | 3 | 0.255 | 1% | | DPAD | NP A346 324[80] | E> |
| 1193 | Bi | 83 | 202 | 2,590 | 310 | | ns | 17 | | + 2.06 | 5 | 0.121 | 2% | | DPAD | NP A382 56[82] | E= |
| 1194 | Bi | 83 | 203 | | 11.8 | | h | 9/2 | | + 4.62 | 5 | 1.027 | 1% | [Bi209] | AB | ArkF 15 445[59] | |
| 1195 | Bi | 83 | 204 | | 11.2 | | h | 6 | | + 4.28 | 5 | 0.713 | 1% | [Bi209] | AB | ArkF 15 445[59] | |
| 1196 | Bi | 83 | 204 | 808 | 13 | | ms | 10 | | + 2.36 | 23 | 0.236 | 10% | | DPAD | NP A346 324[80] | E> |
| 1197 | Bi | 83 | 205 | | 15.3 | | d | 9/2 | | 4.16 | 11 | 0.924 | 3% | [Bi209] | O | PRL 34 625[75] | |
| 1198 | Bi | 83 | 206 | | 6.243 | | d | 6 | | + 4.59 | 5 | 0.765 | 1% | [Bi209] | AB | ArkF 15 445[59] | |
| 1199 | Bi | 83 | 206 | 1,044 | 0.88 | | ms | 10 | | 2.631 | 24 | 0.263 | 1% | | N/RD | PL 46B 65[73] | I |
| 1200 | Bi | 83 | 207 | | 38 | | y | 9/2 | | + 4.10 | 2 | 0.911 | 0% | [Bi209] | O/R | PRL 34 625[75] | |
| 1201 | Bi | 83 | 207 | 2,102 | 182 | | μs | 21/2 | | 3.412 | 63 | 0.325 | 2% | | SOPAD | NP A186 97[72] | I |
| 1202 | Bi | 83 | 208 | 1,571 | 2.53 | | 5 ms | (10) | | + 2.666 | 27 | 0.267 | 1% | | N/RD | NP A227 421[74] | I |
| 1203 | Bi | 83 | 209 | | | | | 9/2 | | 4.1106 | 2 | 0.913 | 0% | [H2] | N | PR 89 595[53] | |
| 1204 | Bi | 83 | 209 | 2,563 | 0.014 | | 17 ps | (9/2) | | 3.52 | 70 | 0.782 | 20% | | MH | NP A181 14[72] | ΔT +21,-14 |
| 1205 | Bi | 83 | 209 | 2,741 | 12 | | 4 ps | 15/2 | | + 6.2 | 12 | 0.827 | 19% | | MH | NP A181 14[72] | |
| 1206 | Bi | 83 | 210 | | 5.01 | | d | 1 | | - 0.0446 | 1 | 0.045 | 0% | [Bi209] | NO/S | JPJS 34 113[73] | |
| 1207 | Bi | 83 | 210 | 433 | 56.8 | | 11 ns | (7) | | + 2.114 | 49 | 0.302 | 2% | | DPAD | PRL 29 496[72] | a |
| 1208 | Bi | 83 | 210 | 439 | 37 | | 1.4 ns | (5) | | + 1.530 | 45 | 0.306 | 3% | | DPAD | PRL 29 496[72] | a |
| 1209 | Bi | 83 | 211 | 405 | 315 | | 20 ps | (7/2) | | + 4.53 | 71 | 1.294 | 16% | | IPAC | PL 19 578[65] | |