



A=164
NDS 47, 433(1986)
NDS 65, 365(1992)(U)

S_p (12200)

S_n (5400)

0^+
 $^{164}_{62}\text{Sm}$

Q_β (4900)

S_p (9500)

S_n (4600)

$^{164}_{63}\text{Eu}$

Q_β (6600)

0^+ 45 s
 $^{164}_{64}\text{Gd}$ β^-

Q_β (2300)

(5+) 3.0 m
 $^{164}_{65}\text{Tb}$ β^-

Q_β 3890

S_p 8661
 S_n 7658.08

6^- 140 37.5 m
 1^+ 0 29 m
EC **$^{164}_{67}\text{Ho}$** β^-
60% 40%

Q_β 962.8
 Q_{EC} 986.8

0^+
 $^{164}_{66}\text{Dy}$

0^+ 53 s
 $^{168}_{74}\text{W}$
 α 0.0027%
 Q_α 4506

(6+) 4.4 s
 $^{168}_{75}\text{Re}$
 α $5 \times 10^{-3}\%$
 Q_α 5063

0^+ 2.1 s
 $^{168}_{76}\text{Os}$
 α 44%
 Q_α 5818

161 ms
 $^{168}_{77}\text{Ir}$
 α
 Q_α (6560)

0^+ 2.0 ms
 $^{168}_{78}\text{Pt}$
 α 99.3%
 Q_α 6991

S_n (11900)

S_n (9600) S_p (1700)
 0^+ 21 ms
0.88 s 106
EC **$^{164}_{76}\text{Os}$**
 α ~2% α ~98%
0.38 s 0
EC **$^{164}_{75}\text{Re}$** α
~100% Q_{EC} 7090
 Q_α 6478

S_n (8800) S_p 2940
 0^+ 6.0 s
EC **$^{164}_{74}\text{W}$**
95.6% α 4.4%
 Q_{EC} (5000)
 Q_α 5278.8

S_n (10500) S_p (1200)
(3+) 14.2 s
EC **$^{164}_{73}\text{Ta}$**

S_p (4300)

Q_{EC} (8500)

0^+ 111 s
EC **$^{164}_{72}\text{Hf}$**
 Q_{EC} (2990)

S_n 6673.8
 S_p 5888.9

S_n 8847
 S_p 4102
 S_p 6854.2

5.1 m ~20% 6^- IT ~80%
2.0 m EC 1^+ 0
EC **$^{164}_{69}\text{Tm}$** 0^+ 75.8 m
EC **$^{164}_{70}\text{Yb}$**
 Q_{EC} (1000)
 Q_{EC} 3963

S_n (8100) S_p (2680)
3.14 m
EC **$^{164}_{71}\text{Lu}$**
 Q_{EC} 6240

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