

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
1	0	1n	8071.323	0.000	1.009	939.565	939.565
0	1	1H	7288.969	0.000	1.008	938.272	938.783
1	1	2H	13135.720	2224.573	2.014	1875.613	1876.124
2	1	3H	14949.794	8481.821	3.016	2808.921	2809.432
1	2	3He	14931.204	7718.058	3.016	2808.391	2809.413
3	1	4H	25927.783	5575.154	4.028	3751.393	3751.904
2	2	4He	2424.911	28295.674	4.003	3727.379	3728.401
1	3	4Li	25320.174	4618.058	4.027	3749.763	3751.296
4	1	5H	36833.980	2740.282	5.040	4693.793	4694.304
3	2	5He	11386.234	27405.674	5.012	4667.834	4668.856
2	3	5Li	11678.880	26330.674	5.013	4667.616	4669.149
1	4	5Be	37996.000	-768.000	5.041	4693.422	4695.466
5	1	6H	41863.762	5781.820	6.045	5630.316	5630.828
4	2	6He	17594.123	29269.107	6.019	5605.536	5606.558
3	3	6Li	14086.312	31994.564	6.015	5601.518	5603.051
2	4	6Be	18374.465	26924.059	6.020	5605.294	5607.338
5	2	7He	26110.264	28824.289	7.028	6545.546	6546.568
4	3	7Li	14907.673	39244.527	7.016	6533.833	6535.366
3	4	7Be	15769.489	37600.359	7.017	6534.184	6536.228
2	5	7B	27867.863	24719.629	7.030	6545.771	6548.326
6	2	8He	31597.982	31407.893	8.034	7482.528	7483.550
5	3	8Li	20946.195	41277.328	8.022	7471.365	7472.898
4	4	8Be	4941.662	56499.508	8.005	7454.850	7456.894
3	5	8B	22921.002	37737.812	8.025	7472.318	7474.873
2	6	8C	35094.055	24782.406	8.038	7483.980	7487.046
7	2	9He	40818.363	30258.838	9.044	8423.242	8424.265
6	3	9Li	24953.902	45340.941	9.027	8406.866	8408.399
5	4	9Be	11347.584	58164.906	9.012	8392.750	8394.794
4	5	9B	12415.701	56314.438	9.013	8393.307	8395.861

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
3	6	9C	28913.650	39034.137	9.031	8409.294	8412.360
8	2	10He	48810.012	30338.510	10.052	9362.728	9363.750
7	3	10Li	33050.227	45315.941	10.035	9346.458	9347.991
6	4	10Be	12606.577	64977.238	10.014	9325.503	9327.547
5	5	10B	12050.761	64750.699	10.013	9324.436	9326.990
4	6	10C	15698.568	60320.539	10.017	9327.572	9330.639
3	7	10N	39699.000	35538.000	10.043	9351.062	9354.639
8	3	11Li	40795.859	45641.633	11.044	10285.696	10287.229
7	4	11Be	20173.971	65481.168	11.022	10264.564	10266.608
6	5	11B	8667.984	76204.797	11.009	10252.547	10255.102
5	6	11C	10650.531	73439.898	11.011	10254.019	10257.085
4	7	11N	24960.520	58347.559	11.027	10267.817	10271.395
9	3	12Li	50096.000	44413.000	12.054	11226.490	11228.023
8	4	12Be	25076.402	68650.055	12.027	11200.961	11203.005
7	5	12B	13368.901	79575.203	12.014	11188.742	11191.297
6	6	12C	0.000	92161.750	12.000	11174.861	11177.928
5	7	12N	17338.082	74041.320	12.019	11191.688	11195.266
4	8	12O	32047.838	58549.211	12.034	11205.888	11209.976
9	4	13Be	33658.445	68139.336	13.036	12141.037	12143.081
8	5	13B	16562.209	84453.219	13.018	12123.430	12125.984
7	6	13C	3125.011	97108.062	13.003	12109.481	12112.548
6	7	13N	5345.456	94105.266	13.006	12111.191	12114.769
5	8	13O	23110.734	75557.633	13.025	12128.444	12132.532
10	4	14Be	39882.395	69986.711	14.043	13078.755	13080.799
9	5	14B	23663.730	85423.023	14.025	13062.025	13064.580
8	6	14C	3019.892	105284.508	14.003	13040.869	13043.936
7	7	14N	2863.417	104658.625	14.003	13040.202	13043.779
6	8	14O	8006.456	98733.234	14.009	13044.835	13048.923
5	9	14F	33608.000	72349.000	14.036	13069.926	13074.524

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
10	5	15B	28966.936	88191.141	15.031	13998.822	14001.377
9	6	15C	9873.143	106502.578	15.011	13979.217	13982.283
8	7	15N	101.438	115491.930	15.000	13968.935	13972.512
7	8	15O	2855.388	111955.625	15.003	13971.178	13975.266
6	9	15F	16777.002	97251.656	15.018	13984.589	13989.188
11	5	16B	37081.688	88147.711	16.040	14938.431	14940.985
10	6	16C	13694.117	110752.930	16.015	14914.532	14917.599
9	7	16N	5683.432	117981.258	16.006	14906.011	14909.588
8	8	16O	-4736.998	127619.336	15.995	14895.080	14899.168
7	9	16F	10680.257	111419.727	16.011	14909.985	14914.584
6	10	16Ne	23992.400	97325.227	16.026	14922.786	14927.896
12	5	17B	43716.309	89584.406	17.047	15876.561	15879.115
11	6	17C	21036.590	111481.781	17.023	15853.369	15856.436
10	7	17N	7870.819	123865.195	17.008	15839.691	15843.269
9	8	17O	-809.002	131762.656	16.999	15830.502	15834.590
8	9	17F	1951.701	128219.609	17.002	15832.752	15837.351
7	10	17Ne	16485.174	112903.781	17.018	15846.773	15851.884
13	5	18B	52322.000	89050.000	18.056	16816.660	16819.215
12	6	18C	24924.035	115665.656	18.027	16788.752	16791.818
11	7	18N	13117.136	126690.203	18.014	16776.434	16780.010
10	8	18O	-782.064	139807.047	17.999	16762.023	16766.111
9	9	18F	873.431	137369.203	18.001	16763.166	16767.766
8	10	18Ne	5306.782	132153.500	18.006	16767.090	16772.199
7	11	18Na	25318.000	111360.000	18.027	16786.590	16792.211
14	5	19B	59364.000	90079.000	19.064	17755.195	17757.750
13	6	19C	32833.383	115827.633	19.035	17728.152	17731.219
12	7	19N	15860.449	132018.219	19.017	17710.670	17714.246
11	8	19O	3333.565	143762.734	19.004	17697.631	17701.719
10	9	19F	-1487.405	147801.359	18.998	17692.299	17696.898

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
9	10	19Ne	1751.059	143780.547	19.002	17695.029	17700.139
8	11	19Na	12928.622	131820.625	19.014	17705.693	17711.314
14	6	20C	37560.062	119172.273	20.040	18664.373	18667.439
13	7	20N	21766.492	134183.484	20.023	18648.072	18651.648
12	8	20O	3796.909	151370.719	20.004	18629.590	18633.678
11	9	20F	-17.396	154402.672	20.000	18625.266	18629.865
10	10	20Ne	-7041.930	160644.859	19.992	18617.729	18622.838
9	11	20Na	6844.859	145975.703	20.007	18631.104	18636.725
8	12	20Mg	17570.529	134467.688	20.019	18641.316	18647.449
15	6	21C	45960.000	118844.000	21.049	19604.268	19607.334
14	7	21N	25231.908	138789.391	21.027	19583.031	19586.607
13	8	21O	8061.736	155177.219	21.009	19565.348	19569.436
12	9	21F	-47.580	162504.172	21.000	19556.727	19561.326
11	10	21Ne	-5731.720	167405.969	20.994	19550.533	19555.643
10	11	21Na	-2184.261	163076.156	20.998	19553.570	19559.191
9	12	21Mg	10911.681	149197.859	21.012	19566.154	19572.287
8	13	21Al	26119.000	133208.000	21.028	19580.852	19587.494
16	6	22C	52583.000	120292.000	22.056	20542.385	20545.451
15	7	22N	32080.891	140011.734	22.034	20521.371	20524.947
14	8	22O	9284.346	162025.922	22.010	20498.066	20502.154
13	9	22F	2793.783	167734.141	22.003	20491.064	20495.664
12	10	22Ne	-8024.344	177769.906	21.991	20479.736	20484.846
11	11	22Na	-5182.104	174145.312	21.994	20482.064	20487.686
10	12	22Mg	-396.766	168577.625	22.000	20486.340	20492.473
9	13	22Al	18183.000	149216.000	22.020	20504.408	20511.051
8	14	22Si	32164.000	134452.000	22.035	20517.879	20525.033
16	7	23N	37735.000	142429.000	23.041	21458.521	21462.098
15	8	23O	14616.373	164765.219	23.016	21434.891	21438.979
14	9	23F	3329.518	175269.719	23.004	21423.092	21427.691

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
13	10	23Ne	-5153.641	182970.531	22.994	21414.102	21419.211
12	11	23Na	-9529.485	186564.016	22.990	21409.213	21414.834
11	12	23Mg	-5472.666	181724.844	22.994	21412.756	21418.889
10	13	23Al	6767.210	168702.625	23.007	21424.486	21431.129
9	14	23Si	23772.000	150916.000	23.026	21440.980	21448.135
17	7	24N	47040.000	141195.000	24.051	22399.322	22402.898
16	8	24O	18974.457	168478.469	24.020	22370.744	22374.832
15	9	24F	7544.514	179126.047	24.008	22358.803	22363.402
14	10	24Ne	-5947.519	191835.734	23.994	22344.801	22349.910
13	11	24Na	-8417.601	193523.469	23.991	22341.818	22347.439
12	12	24Mg	-13933.381	198256.891	23.985	22335.791	22341.924
11	13	24Al	-55.041	183596.188	24.000	22349.158	22355.801
10	14	24Si	10754.759	172004.047	24.012	22359.457	22366.611
9	15	24P	31997.000	149980.000	24.034	22380.189	22387.854
17	8	25O	27144.000	168381.000	25.029	23310.406	23314.494
16	9	25F	11266.384	183475.500	25.012	23294.018	23298.617
15	10	25Ne	-2058.696	196018.234	24.998	23280.182	23285.291
14	11	25Na	-9357.459	202534.641	24.990	23272.371	23277.992
13	12	25Mg	-13192.726	205587.562	24.986	23268.023	23274.156
12	13	25Al	-8915.742	200528.219	24.990	23271.793	23278.436
11	14	25Si	3825.310	187004.812	25.004	23284.021	23291.176
10	15	25P	18872.000	171176.000	25.020	23298.559	23306.223
18	8	26O	35164.000	168432.000	26.038	24249.920	24254.008
17	9	26F	18288.164	184525.047	26.020	24232.533	24237.133
16	10	26Ne	429.882	201600.984	26.000	24214.166	24219.275
15	11	26Na	-6902.465	208150.969	25.993	24206.320	24211.941
14	12	26Mg	-16214.476	216680.625	25.983	24196.498	24202.631
13	13	26Al	-12210.339	211894.141	25.987	24199.992	24206.635
12	14	26Si	-7144.618	206046.062	25.992	24204.547	24211.701

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
11	15	26P	10973.000	187146.000	26.012	24222.152	24229.816
10	16	26S	25970.000	171367.000	26.028	24236.639	24244.814
18	9	27F	25050.027	185834.516	27.027	25170.789	25175.389
17	10	27Ne	7093.512	203008.672	27.008	25152.324	25157.434
16	11	27Na	-5580.857	214900.688	26.994	25139.135	25144.756
15	12	27Mg	-14586.503	223123.984	26.984	25129.619	25135.752
14	13	27Al	-17196.828	224951.953	26.982	25126.500	25133.143
13	14	27Si	-12384.431	219357.203	26.987	25130.799	25137.953
12	15	27P	-752.978	206943.391	26.999	25141.922	25149.586
11	16	27S	17507.000	187901.000	27.019	25159.672	25167.848
19	9	28F	33226.000	185729.000	28.036	26110.459	26115.059
18	10	28Ne	11278.595	206894.906	28.012	26088.002	26093.111
17	11	28Na	-1033.576	218424.734	27.999	26075.178	26080.799
16	12	28Mg	-15018.752	231627.547	27.984	26060.680	26066.812
15	13	28Al	-16850.553	232677.000	27.982	26058.340	26064.982
14	14	28Si	-21492.793	236536.891	27.977	26053.186	26060.340
13	15	28P	-7161.018	221422.750	27.992	26067.006	26074.670
12	16	28S	4073.107	209406.281	28.004	26077.729	26085.904
11	17	28Cl	26557.000	186140.000	28.029	26099.701	26108.389
20	9	29F	40296.000	186731.000	29.043	27049.023	27053.623
19	10	29Ne	18020.590	208224.234	29.019	27026.238	27031.348
18	11	29Na	2618.710	222843.766	29.003	27010.324	27015.945
17	12	29Mg	-10661.187	235341.312	28.989	26996.531	27002.664
16	13	29Al	-18215.504	242113.266	28.980	26988.467	26995.109
15	14	29Si	-21895.025	245010.438	28.976	26984.277	26991.432
14	15	29P	-16951.906	239284.969	28.982	26988.711	26996.375
13	16	29S	-3158.878	224709.578	28.997	27001.992	27010.168
12	17	29Cl	13143.000	207625.000	29.014	27017.783	27026.471
20	10	30Ne	22236.621	212079.531	30.024	27961.947	27967.057

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
19	11	30Na	8594.416	224939.375	30.009	27947.793	27953.414
18	12	30Mg	-8882.233	241633.672	29.990	27929.805	27935.938
17	13	30Al	-15872.372	247841.469	29.983	27922.305	27928.947
16	14	30Si	-24432.881	255619.625	29.974	27913.232	27920.387
15	15	30P	-20200.557	250604.938	29.978	27916.955	27924.619
14	16	30S	-14062.806	243684.828	29.985	27922.580	27930.756
13	17	30Cl	4443.000	224396.000	30.005	27940.576	27949.264
12	18	30Ar	20083.000	207974.000	30.022	27955.707	27964.904
21	10	31Ne	30842.000	211546.000	31.033	28902.047	28907.156
20	11	31Na	12663.760	228941.359	31.014	28883.357	28888.979
19	12	31Mg	-3215.089	244037.859	30.997	28866.967	28873.100
18	13	31Al	-14954.181	254994.594	30.984	28854.717	28861.359
17	14	31Si	-22948.957	262207.031	30.975	28846.213	28853.367
16	15	31P	-24440.990	262916.688	30.974	28844.211	28851.875
15	16	31S	-19044.932	256738.281	30.980	28849.092	28857.268
14	17	31Cl	-7064.436	243975.438	30.992	28860.562	28869.250
13	18	31Ar	11296.000	224833.000	31.012	28878.414	28887.611
22	10	32Ne	37176.000	213283.000	32.040	29839.875	29844.984
21	11	32Na	18303.660	231372.781	32.020	29820.490	29826.111
20	12	32Mg	-795.599	249689.688	31.999	29800.879	29807.012
19	13	32Al	-11062.068	259173.797	31.988	29790.104	29796.746
18	14	32Si	-24080.859	271410.250	31.974	29776.572	29783.727
17	15	32P	-24305.318	270852.344	31.974	29775.840	29783.504
16	16	32S	-26015.980	271780.656	31.972	29773.617	29781.793
15	17	32Cl	-13330.694	258313.016	31.986	29785.789	29794.477
14	18	32Ar	-2179.081	246379.047	31.998	29796.432	29805.629
13	19	32K	20418.000	222999.000	32.022	29818.518	29828.227
22	11	33Na	25509.891	232237.875	33.027	30759.191	30764.812
21	12	33Mg	5204.233	251761.172	33.006	30738.371	30744.504

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
20	13	33Al	-8504.923	264687.969	32.991	30724.156	30730.799
19	14	33Si	-20492.381	275893.094	32.978	30711.656	30718.811
18	15	33P	-26337.727	280956.094	32.972	30705.301	30712.965
17	16	33S	-26586.234	280422.219	32.971	30704.541	30712.717
16	17	33Cl	-21003.512	274057.156	32.977	30709.611	30718.299
15	18	33Ar	-9381.336	261652.625	32.990	30720.725	30729.922
14	19	33K	6763.000	244726.000	33.007	30736.355	30746.064
23	11	34Na	32509.000	233310.000	34.035	31697.686	31703.307
22	12	34Mg	8450.922	256585.812	34.009	31673.113	31679.246
21	13	34Al	-2862.243	267116.625	33.997	31661.293	31667.936
20	14	34Si	-19956.562	283428.594	33.979	31643.688	31650.842
19	15	34P	-24557.549	287247.219	33.974	31638.576	31646.240
18	16	34S	-29931.850	291839.156	33.968	31632.691	31640.867
17	17	34Cl	-24440.566	285565.531	33.974	31637.666	31646.354
16	18	34Ar	-18378.264	278720.875	33.980	31643.221	31652.418
15	19	34K	-1481.000	261041.000	33.998	31659.605	31669.314
14	20	34Ca	13153.000	245625.000	34.014	31673.727	31683.947
24	11	35Na	41153.000	232737.000	35.044	32637.824	32643.445
23	12	35Mg	16292.000	256816.000	35.017	32612.447	32618.580
22	13	35Al	-58.079	272383.781	35.000	32595.588	32602.230
21	14	35Si	-14359.762	285903.125	34.985	32580.777	32587.932
20	15	35P	-24857.613	295618.625	34.973	32569.771	32577.436
19	16	35S	-28846.371	298825.000	34.969	32565.270	32573.445
18	17	35Cl	-29013.512	298209.812	34.969	32564.590	32573.277
17	18	35Ar	-23048.207	291462.156	34.975	32570.047	32579.244
16	19	35K	-11167.107	278798.688	34.988	32581.414	32591.123
15	20	35Ca	4439.000	262411.000	35.005	32596.508	32606.729
24	12	36Mg	20912.000	260267.000	36.022	33548.562	33554.695
23	13	36Al	5916.384	274480.656	36.006	33533.055	33539.699

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
22	14	36Si	-12400.639	292015.312	35.987	33514.230	33521.383
21	15	36P	-20250.840	299083.156	35.978	33505.871	33513.535
20	16	36S	-30663.957	308713.938	35.967	33494.941	33503.117
19	17	36Cl	-29521.887	306789.500	35.968	33495.574	33504.262
18	18	36Ar	-30230.439	306715.688	35.968	33494.355	33503.555
17	19	36K	-17425.078	293127.969	35.981	33506.648	33516.359
16	20	36Ca	-6439.199	281359.750	35.993	33517.129	33527.348
15	21	36Sc	13898.000	260240.000	36.015	33536.953	33547.684
25	12	37Mg	29100.000	260151.000	37.031	34488.246	34494.379
24	13	37Al	9603.702	278864.656	37.010	34468.238	34474.883
23	14	37Si	-6524.192	294210.188	36.993	34451.602	34458.754
22	15	37P	-18994.707	305898.344	36.980	34438.617	34446.281
21	16	37S	-26896.219	313017.500	36.971	34430.203	34438.379
20	17	37Cl	-31761.520	317100.469	36.966	34424.832	34433.520
19	18	37Ar	-30948.033	315504.625	36.967	34425.133	34434.332
18	19	37K	-24799.240	308573.469	36.973	34430.770	34440.480
17	20	37Ca	-13160.607	296152.469	36.986	34441.898	34452.117
16	21	37Sc	2841.000	279368.000	37.003	34457.387	34468.117
25	13	38Al	15742.000	280797.000	38.017	35405.871	35412.516
24	14	38Si	-3744.605	299501.938	37.996	35385.875	35393.027
23	15	38P	-14466.100	309441.062	37.984	35374.645	35382.309
22	16	38S	-26861.076	321053.688	37.971	35361.738	35369.914
21	17	38Cl	-29797.977	323208.250	37.968	35358.289	35366.977
20	18	38Ar	-34714.762	327342.656	37.963	35352.855	35362.055
19	19	38K	-28801.691	320647.250	37.969	35358.262	35367.973
18	20	38Ca	-22059.045	313122.250	37.976	35364.496	35374.715
17	21	38Sc	-4937.000	295218.000	37.995	35381.105	35391.836
16	22	38Ti	9101.000	280398.000	38.010	35394.629	35405.871
26	13	39Al	20400.000	284211.000	39.022	36342.023	36348.668

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
25	14	39Si	2142.000	301686.000	39.002	36323.258	36330.410
24	15	39P	-12649.687	315695.969	38.986	36307.953	36315.617
23	16	39S	-23161.340	325425.281	38.975	36296.930	36305.105
22	17	39Cl	-29800.652	331282.219	38.968	36289.777	36298.465
21	18	39Ar	-33241.836	333941.062	38.964	36285.824	36295.023
20	19	39K	-33806.836	333723.719	38.964	36284.750	36294.461
19	20	39Ca	-27276.256	326410.781	38.971	36290.770	36300.988
18	21	39Sc	-14168.014	312520.188	38.985	36303.367	36314.098
17	22	39Ti	1232.000	296338.000	39.001	36318.258	36329.500
26	14	40Si	5403.000	306497.000	40.006	37258.008	37265.160
25	15	40P	-8336.870	319454.469	39.991	37243.758	37251.422
24	16	40S	-22849.545	333184.812	39.975	37228.738	37236.914
23	17	40Cl	-27557.729	337110.625	39.970	37223.516	37232.203
22	18	40Ar	-35039.891	343810.438	39.962	37215.523	37224.723
21	19	40K	-33535.016	341523.219	39.964	37216.516	37226.227
20	20	40Ca	-34846.109	342051.969	39.963	37214.699	37224.918
19	21	40Sc	-20526.387	326949.875	39.978	37228.504	37239.234
18	22	40Ti	-8850.210	314491.344	39.991	37239.672	37250.914
17	23	40V	10330.000	294529.000	40.011	37258.336	37270.090
27	14	41Si	11830.000	308141.000	41.013	38195.930	38203.082
26	15	41P	-4843.768	324032.688	40.995	38178.746	38186.410
25	16	41S	-18601.932	337008.500	40.980	38164.480	38172.656
24	17	41Cl	-27339.148	344963.375	40.971	38155.230	38163.918
23	18	41Ar	-33067.262	349909.125	40.965	38148.988	38158.188
22	19	41K	-35558.871	351618.406	40.962	38145.980	38155.691
21	20	41Ca	-35137.488	350414.656	40.962	38145.898	38156.117
20	21	41Sc	-28642.211	343137.031	40.969	38151.883	38162.613
19	22	41Ti	-15713.000	329426.000	40.983	38164.301	38175.543
18	23	41V	-242.000	313172.000	41.000	38179.258	38191.012

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
28	14	42Si	14997.000	313046.000	42.016	39130.594	39137.746
27	15	42P	84.000	327176.000	42.000	39115.168	39122.832
26	16	42S	-17241.951	343719.844	41.981	39097.328	39105.504
25	17	42Cl	-24987.328	350682.875	41.973	39089.074	39097.762
24	18	42Ar	-34422.066	359335.250	41.963	39079.129	39088.328
23	19	42K	-35021.320	359152.156	41.962	39078.016	39087.727
22	20	42Ca	-38546.766	361895.250	41.959	39073.984	39084.203
21	21	42Sc	-32120.926	354687.062	41.966	39079.895	39090.625
20	22	42Ti	-25120.879	346904.656	41.973	39086.387	39097.629
19	23	42V	-8169.000	329171.000	41.991	39102.828	39114.582
18	24	42Cr	5990.000	314230.000	42.006	39116.473	39128.738
28	15	43P	3083.000	332248.000	43.003	40049.664	40057.328
27	16	43S	-12482.018	347031.250	42.987	40033.586	40041.762
26	17	43Cl	-24029.389	357796.250	42.974	40021.527	40030.215
25	18	43Ar	-31977.531	364962.062	42.966	40013.066	40022.266
24	19	43K	-36593.043	368795.219	42.961	40007.938	40017.648
23	20	43Ca	-38408.441	369828.250	42.959	40005.617	40015.836
22	21	43Sc	-36187.621	366825.094	42.961	40007.324	40018.055
21	22	43Ti	-29320.314	359175.406	42.969	40013.684	40024.926
20	23	43V	-18024.000	347097.000	42.981	40024.461	40036.215
19	24	43Cr	-2136.000	330426.000	42.998	40039.840	40052.105
29	15	44P	9203.000	334200.000	44.010	40987.277	40994.941
28	16	44S	-10880.000	353500.000	43.988	40966.680	40974.855
27	17	44Cl	-19991.059	361829.250	43.979	40957.059	40965.746
26	18	44Ar	-32262.039	373317.875	43.965	40944.273	40953.473
25	19	44K	-35810.215	376083.688	43.962	40940.215	40949.926
24	20	44Ca	-41469.086	380960.219	43.955	40934.047	40944.266
23	21	44Sc	-37815.812	376524.594	43.959	40937.191	40947.922
22	22	44Ti	-37548.301	375474.719	43.960	40936.945	40948.188

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
21	23	44V	-23846.000	360990.000	43.974	40950.137	40961.891
20	24	44Cr	-13535.000	349896.000	43.985	40959.941	40972.207
19	25	44Mn	6399.000	329180.000	44.007	40979.363	40992.137
30	15	45P	14103.000	337371.000	45.015	41923.672	41931.336
29	16	45S	-4825.000	355517.000	44.995	41904.230	41912.406
28	17	45Cl	-18909.324	368818.844	44.980	41889.633	41898.320
27	18	45Ar	-29719.330	378846.500	44.968	41878.316	41887.516
26	19	45K	-36608.027	384952.844	44.961	41870.914	41880.625
25	20	45Ca	-40812.531	388375.000	44.956	41866.199	41876.418
24	21	45Sc	-41069.340	387849.438	44.956	41865.434	41876.164
23	22	45Ti	-39006.910	385004.656	44.958	41866.980	41878.223
22	23	45V	-31873.592	377089.000	44.966	41873.602	41885.355
21	24	45Cr	-19412.000	363845.000	44.979	41885.555	41897.820
20	25	45Mn	-5114.000	348765.000	44.995	41899.344	41912.117
19	26	45Fe	13563.000	329306.000	45.015	41917.508	41930.793
31	15	46P	22197.000	337348.000	46.024	42863.258	42870.922
30	16	46S	-401.000	359164.000	46.000	42840.148	42848.324
29	17	46Cl	-14792.000	372773.000	45.984	42825.246	42833.934
28	18	46Ar	-29720.738	386919.219	45.968	42809.805	42819.004
27	19	46K	-35418.934	391835.062	45.962	42803.594	42813.305
26	20	46Ca	-43134.910	398768.688	45.954	42795.371	42805.590
25	21	46Sc	-41758.637	396610.062	45.955	42796.238	42806.969
24	22	46Ti	-44125.340	398194.406	45.953	42793.355	42804.598
23	23	46V	-37073.930	390360.656	45.960	42799.898	42811.652
22	24	46Cr	-29470.930	381975.312	45.968	42806.988	42819.254
21	25	46Mn	-12370.000	364092.000	45.987	42823.582	42836.355
20	26	46Fe	755.000	350185.000	46.001	42836.191	42849.477
31	16	47S	7098.000	359737.000	47.008	43779.145	43787.320
30	17	47Cl	-11225.000	377277.000	46.988	43760.309	43768.996

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
29	18	47Ar	-25908.348	391178.156	46.972	43745.113	43754.312
28	19	47K	-35696.887	400184.344	46.962	43734.812	43744.523
27	20	47Ca	-42339.695	406044.812	46.955	43727.660	43737.879
26	21	47Sc	-44331.633	407254.375	46.952	43725.156	43735.887
25	22	47Ti	-44931.730	407072.125	46.952	43724.043	43735.285
24	23	47V	-42003.930	403361.969	46.955	43726.461	43738.215
23	24	47Cr	-34552.355	395128.062	46.963	43733.402	43745.668
22	25	47Mn	-22263.000	382056.000	46.976	43745.184	43757.957
21	26	47Fe	-6623.000	365634.000	46.993	43760.309	43773.594
32	16	48S	12100.000	362806.000	48.013	44715.641	44723.816
31	17	48Cl	-4797.000	378921.000	47.995	44698.227	44706.914
30	18	48Ar	-23222.000	396563.000	47.975	44679.293	44688.492
29	19	48K	-32124.479	404683.250	47.966	44669.875	44679.586
28	20	48Ca	-44214.742	415991.156	47.953	44657.281	44667.500
27	21	48Sc	-44492.812	415486.875	47.952	44656.492	44667.223
26	22	48Ti	-48487.000	418698.719	47.948	44651.984	44663.227
25	23	48V	-44474.660	413904.031	47.952	44655.484	44667.238
24	24	48Cr	-42815.312	411462.312	47.954	44656.633	44668.898
23	25	48Mn	-28997.000	396862.000	47.969	44669.945	44682.719
22	26	48Fe	-18108.000	385191.000	47.981	44680.320	44693.605
21	27	48Co	1639.000	364661.000	48.002	44699.555	44713.352
33	16	49S	20502.000	362475.000	49.022	45655.531	45663.707
32	17	49Cl	-102.000	382297.000	49.000	45634.418	45643.105
31	18	49Ar	-16599.000	398012.000	48.982	45617.410	45626.609
30	19	49K	-30320.047	410950.156	48.967	45603.180	45612.891
29	20	49Ca	-41290.047	421137.781	48.956	45591.699	45601.918
28	21	49Sc	-46552.277	425617.688	48.950	45585.922	45596.652
27	22	49Ti	-48558.039	426841.094	48.948	45583.406	45594.648
26	23	49V	-47956.180	425456.875	48.949	45583.496	45595.250

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
25	24	49Cr	-45325.434	422043.781	48.951	45585.613	45597.879
24	25	49Mn	-37610.539	413546.531	48.960	45592.824	45605.598
23	26	49Fe	-24582.000	399736.000	48.974	45605.336	45618.621
22	27	49Co	-9576.000	383947.000	48.990	45619.832	45633.629
33	17	50Cl	7200.000	383066.000	50.008	46573.211	46581.898
32	18	50Ar	-13097.000	402581.000	49.986	46552.402	46561.602
31	19	50K	-25352.625	414054.062	49.973	46539.637	46549.348
30	20	50Ca	-39571.457	427490.531	49.958	46524.910	46535.129
29	21	50Sc	-44537.508	431674.219	49.952	46519.434	46530.164
28	22	50Ti	-51425.848	437780.219	49.945	46512.035	46523.277
27	23	50V	-49217.535	434789.562	49.947	46513.730	46525.484
26	24	50Cr	-50254.461	435044.125	49.946	46512.180	46524.445
25	25	50Mn	-42621.469	426628.781	49.954	46519.305	46532.078
24	26	50Fe	-34471.500	417696.438	49.963	46526.945	46540.230
23	27	50Co	-17195.000	399638.000	49.982	46543.711	46557.508
22	28	50Ni	-3791.000	385451.000	49.996	46556.602	46570.910
34	17	51Cl	12603.000	385734.000	51.014	47510.109	47518.797
33	18	51Ar	-6297.000	403852.000	50.993	47490.699	47499.898
32	19	51K	-22002.000	418775.000	50.976	47474.480	47484.191
31	20	51Ca	-35886.512	431876.906	50.961	47460.090	47470.309
30	21	51Sc	-43218.801	438426.844	50.954	47452.250	47462.980
29	22	51Ti	-49726.852	444152.531	50.947	47445.227	47456.469
28	23	51V	-52197.492	445840.812	50.944	47442.242	47453.996
27	24	51Cr	-51444.762	444305.750	50.945	47442.484	47454.750
26	25	51Mn	-48236.957	440315.594	50.948	47445.184	47457.957
25	26	51Fe	-40217.309	431513.594	50.957	47452.691	47465.977
24	27	51Co	-27274.000	417788.000	50.971	47465.121	47478.918
23	28	51Ni	-11439.000	401170.000	50.988	47480.449	47494.758
34	18	52Ar	-1705.000	407331.000	51.998	48426.785	48435.984

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
33	19	52K	-16199.000	421043.000	51.983	48411.777	48421.488
32	20	52Ca	-32509.137	436570.844	51.965	48394.961	48405.180
31	21	52Sc	-40380.258	443659.625	51.957	48386.578	48397.309
30	22	52Ti	-49464.023	451961.031	51.947	48376.984	48388.227
29	23	52V	-51437.410	453152.062	51.945	48374.496	48386.250
28	24	52Cr	-55412.797	456345.094	51.941	48370.012	48382.277
27	25	52Mn	-50701.137	450851.094	51.946	48374.215	48386.988
26	26	52Fe	-48329.137	447696.750	51.948	48376.074	48389.359
25	27	52Co	-33916.000	432501.000	51.964	48389.980	48403.777
24	28	52Ni	-22654.000	420457.000	51.976	48400.727	48415.035
23	29	52Cu	-2627.000	399647.000	51.997	48420.242	48435.062
35	18	53Ar	5800.000	407897.000	53.006	49365.785	49374.984
34	19	53K	-11998.000	424913.000	52.987	49347.477	49357.188
33	20	53Ca	-27898.000	440031.000	52.970	49331.062	49341.281
32	21	53Sc	-37968.000	449318.000	52.959	49320.484	49331.215
31	22	53Ti	-46824.605	457392.938	52.950	49311.117	49322.359
30	23	53V	-51844.605	461630.594	52.944	49305.586	49317.340
29	24	53Cr	-55280.637	464284.250	52.941	49301.633	49313.898
28	25	53Mn	-54683.625	462904.906	52.941	49301.727	49314.500
27	26	53Fe	-50941.273	458380.188	52.945	49304.957	49318.242
26	27	53Co	-42639.145	449295.719	52.954	49312.746	49326.543
25	28	53Ni	-29379.000	435254.000	52.968	49325.496	49339.805
24	29	53Cu	-13460.000	418552.000	52.986	49340.906	49355.727
35	19	54K	-5598.000	426585.000	53.994	50285.371	50295.082
34	20	54Ca	-23585.000	443790.000	53.975	50266.875	50277.094
33	21	54Sc	-34465.273	453887.281	53.963	50255.480	50266.211
32	22	54Ti	-45764.293	464403.938	53.951	50243.672	50254.914
31	23	54V	-49886.730	467744.031	53.946	50239.039	50250.793
30	24	54Cr	-56928.320	474003.281	53.939	50231.484	50243.750

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
29	25	54Mn	-55551.270	471843.875	53.940	50232.355	50245.129
28	26	54Fe	-56248.410	471758.656	53.940	50231.145	50244.430
27	27	54Co	-48005.328	462733.219	53.948	50238.875	50252.672
26	28	54Ni	-39206.102	453151.625	53.958	50247.164	50261.473
25	29	54Cu	-21694.000	434858.000	53.977	50264.164	50278.984
24	30	54Zn	-6567.000	418948.000	53.993	50278.781	50294.109
36	19	55K	-570.000	429628.000	54.999	51221.891	51231.602
35	20	55Ca	-18118.000	446393.000	54.981	51203.836	51214.055
34	21	55Sc	-30339.000	457832.000	54.967	51191.102	51201.832
33	22	55Ti	-41805.445	468516.438	54.955	51179.125	51190.367
32	23	55V	-49147.297	475075.938	54.947	51171.270	51183.023
31	24	55Cr	-55103.297	480249.562	54.941	51164.805	51177.070
30	25	55Mn	-57706.383	482070.312	54.938	51161.691	51174.465
29	26	55Fe	-57475.008	481056.562	54.938	51161.410	51174.695
28	27	55Co	-54023.711	476822.938	54.942	51164.352	51178.148
27	28	55Ni	-45329.910	467346.781	54.951	51172.531	51186.840
26	29	55Cu	-31624.000	452859.000	54.966	51185.727	51200.547
25	30	55Zn	-14923.000	435375.000	54.984	51201.918	51217.246
36	20	56Ca	-13237.000	449584.000	55.986	52140.211	52150.430
35	21	56Sc	-25467.000	461032.000	55.973	52127.469	52138.199
34	22	56Ti	-39132.059	473914.344	55.958	52113.293	52124.535
33	23	56V	-46239.355	480239.312	55.950	52105.672	52117.426
32	24	56Cr	-55288.598	488506.188	55.941	52096.109	52108.375
31	25	56Mn	-56905.551	489340.781	55.939	52093.984	52106.758
30	26	56Fe	-60601.004	492253.906	55.935	52089.781	52103.066
29	27	56Co	-56035.004	486905.531	55.940	52093.832	52107.629
28	28	56Ni	-53899.645	483987.812	55.942	52095.457	52109.766
27	29	56Cu	-38601.000	467907.000	55.959	52110.246	52125.066
26	30	56Zn	-25728.000	454251.000	55.972	52122.609	52137.938

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
25	31	56Ga	-4741.000	432482.000	55.995	52143.086	52158.926
37	20	57Ca	-7120.000	451539.000	56.992	53077.820	53088.039
36	21	57Sc	-21387.000	465023.000	56.977	53063.039	53073.770
35	22	57Ti	-34558.000	477412.000	56.963	53049.355	53060.598
34	23	57V	-44376.367	486447.625	56.952	53039.027	53050.781
33	24	57Cr	-52392.988	493681.906	56.944	53030.500	53042.766
32	25	57Mn	-57484.855	497991.406	56.938	53024.902	53037.676
31	26	57Fe	-60175.707	499899.906	56.935	53021.699	53034.984
30	27	57Co	-59339.664	498281.531	56.936	53022.020	53035.816
29	28	57Ni	-56075.477	494234.969	56.940	53024.773	53039.082
28	29	57Cu	-47305.270	484682.406	56.949	53033.031	53047.852
27	30	57Zn	-32686.000	469281.000	56.965	53047.148	53062.477
26	31	57Ga	-15901.000	451713.000	56.983	53063.418	53079.258
37	21	58Sc	-15770.000	467477.000	57.983	54000.152	54010.883
36	22	58Ti	-31568.000	482493.000	57.966	53983.844	53995.086
35	23	58V	-40380.258	490522.844	57.957	53974.520	53986.273
34	24	58Cr	-51930.781	501291.031	57.944	53962.453	53974.719
33	25	58Mn	-55902.254	504480.156	57.940	53957.977	53970.750
32	26	58Fe	-62148.844	509944.375	57.933	53951.219	53964.504
31	27	58Co	-59841.430	506854.594	57.936	53953.016	53966.812
30	28	58Ni	-60223.016	506453.844	57.935	53952.121	53966.430
29	29	58Cu	-51659.965	497108.438	57.945	53960.172	53974.992
28	30	58Zn	-42293.113	486959.250	57.955	53969.031	53984.359
27	31	58Ga	-23986.000	467870.000	57.974	53986.824	54002.664
26	32	58Ge	-8374.000	451476.000	57.991	54001.926	54018.277
38	21	59Sc	-11140.000	470918.000	58.988	54936.277	54947.008
37	22	59Ti	-26119.000	485115.000	58.972	54920.785	54932.027
36	23	59V	-37911.801	496125.719	58.959	54908.480	54920.234
35	24	59Cr	-47850.840	505282.406	58.949	54898.031	54910.297

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
34	25	59Mn	-55473.102	512122.312	58.940	54889.902	54902.676
33	26	59Fe	-60658.422	516525.281	58.935	54884.203	54897.488
32	27	59Co	-62223.609	517308.125	58.933	54882.129	54895.926
31	28	59Ni	-61151.125	515453.281	58.934	54882.688	54896.996
30	29	59Cu	-56351.547	509871.344	58.940	54886.973	54901.793
29	30	59Zn	-47257.410	499994.844	58.949	54895.562	54910.891
28	31	59Ga	-34121.000	486076.000	58.963	54908.184	54924.023
27	32	59Ge	-17000.000	468172.000	58.982	54924.797	54941.148
38	22	60Ti	-22691.000	489759.000	59.976	55855.707	55866.949
37	23	60V	-33068.031	499353.281	59.965	55844.820	55856.574
36	24	60Cr	-46826.195	512329.094	59.950	55830.547	55842.812
35	25	60Mn	-52914.441	517634.969	59.943	55823.949	55836.723
34	26	60Fe	-61406.922	525345.125	59.934	55814.945	55828.230
33	27	60Co	-61644.219	524800.062	59.934	55814.199	55827.996
32	28	60Ni	-64468.102	526841.562	59.931	55810.867	55825.176
31	29	60Cu	-58341.211	519932.344	59.937	55816.477	55831.297
30	30	60Zn	-54183.105	514991.875	59.942	55820.133	55835.461
29	31	60Ga	-39998.000	500025.000	59.957	55833.805	55849.645
28	32	60Ge	-27768.000	487012.000	59.970	55845.523	55861.875
27	33	60As	-6399.000	464861.000	59.993	55866.379	55883.242
39	22	61Ti	-16750.000	491889.000	60.982	56793.141	56804.383
38	23	61V	-30357.000	504714.000	60.967	56779.020	56790.773
37	24	61Cr	-42764.883	516339.094	60.954	56766.102	56778.367
36	25	61Mn	-51735.168	524527.000	60.944	56756.629	56769.402
35	26	61Fe	-58917.488	530927.000	60.937	56748.930	56762.215
34	27	61Co	-62895.043	534122.188	60.932	56744.445	56758.242
33	28	61Ni	-64216.773	534661.562	60.931	56742.609	56756.918
32	29	61Cu	-61979.570	531642.000	60.933	56744.336	56759.156
31	30	61Zn	-56342.426	525222.500	60.940	56749.461	56764.789

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
30	31	61Ga	-47348.000	515446.000	60.949	56757.945	56773.785
29	32	61Ge	-33729.000	501045.000	60.964	56771.055	56787.406
28	33	61As	-18052.000	484585.000	60.981	56786.223	56803.086
39	23	62V	-25020.000	507448.000	61.973	57715.855	57727.609
38	24	62Cr	-41172.027	522817.562	61.956	57699.191	57711.457
37	25	62Mn	-48465.625	529328.812	61.948	57691.387	57704.160
36	26	62Fe	-58897.895	538978.750	61.937	57680.445	57693.730
35	27	62Co	-61428.098	540726.562	61.934	57677.406	57691.203
34	28	62Ni	-66742.688	545258.812	61.928	57671.578	57685.887
33	29	62Cu	-62794.516	540528.312	61.933	57675.016	57689.836
32	30	62Zn	-61167.352	538118.750	61.934	57676.137	57691.465
31	31	62Ga	-51996.352	528165.438	61.944	57684.793	57700.633
30	32	62Ge	-42243.000	517630.000	61.955	57694.031	57710.383
29	33	62As	-24964.000	499568.000	61.973	57710.805	57727.668
40	23	63V	-21657.000	512156.000	62.977	58650.715	58662.469
39	24	63Cr	-35527.000	525244.000	62.962	58636.332	58648.598
38	25	63Mn	-46751.676	535686.188	62.950	58624.594	58637.367
37	26	63Fe	-55779.305	543931.438	62.940	58615.062	58628.348
36	27	63Co	-61837.016	549206.812	62.934	58608.492	58622.289
35	28	63Ni	-65509.219	552096.688	62.930	58604.305	58618.613
34	29	63Cu	-65576.164	551381.250	62.930	58603.727	58618.547
33	30	63Zn	-62209.293	547232.000	62.933	58606.586	58621.914
32	31	63Ga	-56689.293	540929.688	62.939	58611.594	58627.434
31	32	63Ge	-46910.000	530368.000	62.950	58620.859	58637.211
30	33	63As	-33823.000	516498.000	62.964	58633.434	58650.297
40	24	64Cr	-33347.000	531136.000	63.964	59570.004	59582.270
39	25	64Mn	-43100.223	540106.062	63.954	59559.742	59572.516
38	26	64Fe	-55079.230	551302.688	63.941	59547.254	59560.539
37	27	64Co	-59789.309	555230.438	63.936	59542.031	59555.828

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
36	28	64Ni	-67095.898	561754.688	63.928	59534.211	59548.520
35	29	64Cu	-65420.801	559297.188	63.930	59535.375	59550.195
34	30	64Zn	-65999.531	559093.562	63.929	59534.293	59549.621
33	31	64Ga	-58834.730	551146.438	63.937	59540.945	59556.785
32	32	64Ge	-54424.730	545954.062	63.942	59544.840	59561.191
31	33	64As	-39521.000	530268.000	63.958	59559.234	59576.098
41	24	65Cr	-27600.000	533460.000	64.970	60507.242	60519.508
40	25	65Mn	-40892.578	545969.750	64.956	60493.445	60506.219
39	26	65Fe	-51288.051	555582.875	64.945	60482.535	60495.820
38	27	65Co	-59164.223	562676.688	64.936	60474.152	60487.949
37	28	65Ni	-65122.586	567852.688	64.930	60467.676	60481.984
36	29	65Cu	-67259.719	569207.438	64.928	60465.031	60479.852
35	30	65Zn	-65907.773	567073.125	64.929	60465.875	60481.203
34	31	65Ga	-62652.910	563035.938	64.933	60468.617	60484.457
33	32	65Ge	-56410.559	556011.250	64.939	60474.348	60490.699
32	33	65As	-47056.000	545874.000	64.949	60483.195	60500.059
31	34	65Se	-32919.000	530955.000	64.965	60496.816	60514.191
41	25	66Mn	-36496.000	549644.000	65.961	61429.340	61442.113
40	26	66Fe	-50319.297	562685.438	65.946	61414.996	61428.281
39	27	66Co	-56052.258	567636.000	65.940	61408.758	61422.555
38	28	66Ni	-66028.727	576830.125	65.929	61398.270	61412.578
37	29	66Cu	-66254.328	576273.375	65.929	61397.527	61412.348
36	30	66Zn	-68896.305	578133.000	65.926	61394.379	61409.707
35	31	66Ga	-63721.301	572175.625	65.932	61399.047	61414.887
34	32	66Ge	-61621.301	569293.312	65.934	61400.633	61416.984
33	33	66As	-51821.000	558711.000	65.944	61409.918	61426.781
32	34	66Se	-41722.000	547829.000	65.955	61419.508	61436.883
42	25	67Mn	-33701.000	554921.000	66.964	62363.625	62376.398
41	26	67Fe	-46574.691	567012.125	66.950	62350.238	62363.523

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
40	27	67Co	-55321.422	574976.500	66.941	62340.977	62354.773
39	28	67Ni	-63742.461	582615.188	66.932	62332.043	62346.352
38	29	67Cu	-67300.156	585390.562	66.928	62327.977	62342.797
37	30	67Zn	-67877.156	585185.188	66.927	62326.895	62342.223
36	31	67Ga	-66876.680	583402.375	66.928	62327.387	62343.227
35	32	67Ge	-62653.754	578397.062	66.933	62331.094	62347.445
34	33	67As	-56643.754	571604.750	66.939	62336.594	62353.457
33	34	67Se	-46491.000	560669.000	66.950	62346.230	62363.605
32	35	67Br	-32798.000	546194.000	66.965	62359.414	62377.301
42	26	68Fe	-44237.000	572745.000	67.953	63284.074	63297.359
41	27	68Co	-51828.316	579554.750	67.944	63275.969	63289.766
40	28	68Ni	-63486.027	590430.062	67.932	63263.801	63278.109
39	29	68Cu	-65541.891	591703.562	67.930	63261.234	63276.055
38	30	68Zn	-70004.031	595383.375	67.925	63256.266	63271.594
37	31	68Ga	-67082.930	591679.938	67.928	63258.672	63274.512
36	32	68Ge	-66976.953	590791.625	67.928	63258.262	63274.613
35	33	68As	-58876.953	581909.250	67.937	63265.852	63282.715
34	34	68Se	-54148.000	576398.000	67.942	63270.070	63287.445
33	35	68Br	-38892.000	560359.000	67.958	63284.812	63302.699
43	26	69Fe	-39402.000	575982.000	68.958	64220.395	64233.680
42	27	69Co	-51045.863	586843.625	68.945	64208.242	64222.039
41	28	69Ni	-60377.723	595393.125	68.935	64198.398	64212.707
40	29	69Cu	-65739.914	599972.938	68.929	64192.523	64207.344
39	30	69Zn	-68414.930	601865.625	68.927	64189.344	64204.672
38	31	69Ga	-69320.922	601989.250	68.926	64187.930	64203.770
37	32	69Ge	-67093.641	598979.625	68.928	64189.641	64205.992
36	33	69As	-63080.621	594184.250	68.932	64193.145	64210.008
35	34	69Se	-56297.480	586618.750	68.940	64199.414	64216.789
34	35	69Br	-46409.000	575948.000	68.950	64208.785	64226.672

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
33	36	69Kr	-32304.000	561061.000	68.965	64222.387	64240.781
43	27	70Co	-46752.000	590621.000	69.950	65144.027	65157.824
42	28	70Ni	-59485.199	602571.875	69.936	65130.789	65145.098
41	29	70Cu	-62960.336	605264.688	69.932	65126.801	65141.621
40	30	70Zn	-69559.422	611081.438	69.925	65119.699	65135.027
39	31	70Ga	-68904.703	609644.375	69.926	65119.836	65135.676
38	32	70Ge	-70560.320	610517.625	69.924	65117.668	65134.020
37	33	70As	-64340.320	603515.250	69.931	65123.379	65140.242
36	34	70Se	-61940.000	600333.000	69.934	65125.266	65142.641
35	35	70Br	-51590.000	589201.000	69.945	65135.105	65152.992
34	36	70Kr	-40976.000	577804.000	69.956	65145.211	65163.605
44	27	71Co	-44963.000	596904.000	70.952	66077.312	66091.109
43	28	71Ni	-55889.633	607047.625	70.940	66065.883	66080.188
42	29	71Cu	-62764.227	613139.875	70.933	66058.492	66073.312
41	30	71Zn	-67321.672	616915.000	70.928	66053.422	66068.750
40	31	71Ga	-70136.820	618947.812	70.925	66050.094	66065.938
39	32	71Ge	-69904.898	617933.500	70.925	66049.812	66066.164
38	33	71As	-67892.188	615138.438	70.927	66051.320	66068.180
37	34	71Se	-63092.000	609556.000	70.932	66055.617	66072.992
36	35	71Br	-56592.000	602274.000	70.939	66061.602	66079.484
35	36	71Kr	-46100.000	590999.000	70.951	66071.586	66089.984
34	37	71Rb	-32304.000	576421.000	70.965	66084.859	66103.766
45	27	72Co	-40604.000	600616.000	71.956	67013.164	67026.961
44	28	72Ni	-54678.691	613908.062	71.941	66998.586	67012.891
43	29	72Cu	-60063.000	618510.000	71.936	66992.680	67007.500
42	30	72Zn	-68128.414	625793.062	71.927	66984.117	66999.445
41	31	72Ga	-68586.500	625468.812	71.926	66983.141	66998.984
40	32	72Ge	-72585.555	628685.500	71.922	66978.633	66994.984
39	33	72As	-68229.461	623547.062	71.927	66982.477	66999.336

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
38	34	72Se	-67894.430	622429.688	71.927	66982.297	66999.672
37	35	72Br	-59152.770	612905.625	71.936	66990.531	67008.414
36	36	72Kr	-54112.770	607083.312	71.942	66995.055	67013.453
35	37	72Rb	-38117.000	590305.000	71.959	67010.547	67029.453
45	28	73Ni	-50226.000	617527.000	72.946	67934.539	67948.844
44	29	73Cu	-59159.000	625677.000	72.936	67925.078	67939.898
43	30	73Zn	-65409.992	631145.938	72.930	67918.328	67933.656
42	31	73Ga	-69703.844	634657.438	72.925	67913.516	67929.359
41	32	73Ge	-71297.133	635468.375	72.923	67911.406	67927.758
40	33	73As	-70956.273	634345.188	72.924	67911.242	67928.102
39	34	73Se	-68216.273	630822.812	72.927	67913.469	67930.844
38	35	73Br	-63532.641	625356.812	72.932	67917.648	67935.531
37	36	73Kr	-56885.289	617927.125	72.939	67923.773	67942.172
36	37	73Rb	-46234.000	606493.000	72.950	67933.930	67952.836
35	38	73Sr	-31699.000	591176.000	72.966	67947.938	67967.359
46	28	74Ni	-48522.000	623894.000	73.948	68867.734	68882.039
45	29	74Cu	-55703.000	630293.000	73.940	68860.031	68874.852
44	30	74Zn	-65709.195	639516.500	73.929	68849.523	68864.852
43	31	74Ga	-68054.008	641078.938	73.927	68846.656	68862.500
42	32	74Ge	-73422.008	645664.562	73.921	68840.781	68857.133
41	33	74As	-70859.602	642319.812	73.924	68842.836	68859.695
40	34	74Se	-72212.609	642890.500	73.922	68840.969	68858.344
39	35	74Br	-65305.961	635201.500	73.930	68847.367	68865.250
38	36	74Kr	-62169.555	631282.750	73.933	68849.992	68868.391
37	37	74Rb	-51725.504	620056.312	73.944	68859.930	68878.836
36	38	74Sr	-40697.000	608245.000	73.956	68870.445	68889.867
47	28	75Ni	-43808.000	627251.000	74.953	69803.938	69818.242
46	29	75Cu	-54306.000	636967.000	74.942	69792.922	69807.742
45	30	75Zn	-62468.418	644347.000	74.933	69784.258	69799.586

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
44	31	75Ga	-68464.195	649560.438	74.927	69777.750	69793.594
43	32	75Ge	-71855.906	652169.812	74.923	69773.844	69790.195
42	33	75As	-73032.453	652564.000	74.922	69772.164	69789.023
41	34	75Se	-72168.820	650918.000	74.923	69772.508	69789.883
40	35	75Br	-69138.820	647105.688	74.926	69775.023	69792.906
39	36	75Kr	-64241.598	641426.062	74.931	69779.406	69797.805
38	37	75Rb	-57222.414	633624.562	74.939	69785.922	69804.828
37	38	75Sr	-46649.000	622269.000	74.950	69795.984	69815.406
48	28	76Ni	-41610.000	633124.000	75.955	70737.633	70751.938
47	29	76Cu	-50310.000	641042.000	75.946	70728.414	70743.234
46	30	76Zn	-62042.887	651992.812	75.933	70716.172	70731.500
45	31	76Ga	-66202.891	655370.438	75.929	70711.492	70727.336
44	32	76Ge	-73212.891	661598.125	75.921	70703.977	70720.328
43	33	76As	-72289.578	659892.438	75.922	70704.398	70721.258
42	34	76Se	-75251.562	662072.062	75.919	70700.914	70718.289
41	35	76Br	-70288.688	656326.875	75.925	70705.375	70723.258
40	36	76Kr	-68978.703	654234.500	75.926	70706.172	70724.570
39	37	76Rb	-60480.547	644954.000	75.935	70714.164	70733.070
38	38	76Sr	-54390.000	638081.000	75.942	70719.727	70739.148
49	28	77Ni	-36487.000	636073.000	76.961	71674.250	71688.555
48	29	77Cu	-48484.000	647288.000	76.948	71661.734	71676.555
47	30	77Zn	-58604.137	656625.375	76.937	71651.109	71666.438
46	31	77Ga	-65874.141	663113.062	76.929	71643.320	71659.164
45	32	77Ge	-71214.141	667670.688	76.924	71637.477	71653.828
44	33	77As	-73916.180	669590.375	76.921	71634.266	71651.125
43	34	77Se	-74599.047	669490.875	76.920	71633.062	71650.438
42	35	77Br	-73233.930	667343.438	76.921	71633.930	71651.812
41	36	77Kr	-70171.406	663498.562	76.925	71636.469	71654.867
40	37	77Rb	-64825.824	657370.625	76.930	71641.305	71660.211

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
39	38	77Sr	-57974.770	649737.188	76.938	71647.641	71667.062
38	39	77Y	-46929.000	637909.000	76.950	71658.180	71678.109
50	28	78Ni	-33720.000	641377.000	77.964	72608.508	72622.812
49	29	78Cu	-43957.000	650832.000	77.953	72597.750	72612.570
48	30	78Zn	-57222.062	663314.625	77.939	72583.984	72599.312
47	31	78Ga	-63662.062	668972.312	77.932	72577.031	72592.875
46	32	78Ge	-71862.062	676389.938	77.923	72568.328	72584.680
45	33	78As	-72816.203	676561.688	77.922	72566.859	72583.719
44	34	78Se	-77025.672	679988.812	77.917	72562.133	72579.508
43	35	78Br	-73451.898	675632.688	77.921	72565.195	72583.078
42	36	78Kr	-74159.703	675558.125	77.920	72563.977	72582.375
41	37	78Rb	-66935.766	667551.875	77.928	72570.695	72589.602
40	38	78Sr	-63174.508	663008.250	77.932	72573.930	72593.352
39	39	78Y	-52629.000	651681.000	77.944	72583.977	72603.906
50	29	79Cu	-41656.000	656603.000	78.955	73531.547	73546.367
49	30	79Zn	-53398.000	667562.000	78.943	73519.297	73534.625
48	31	79Ga	-62487.988	675869.562	78.933	73509.703	73525.547
47	32	79Ge	-69487.992	682087.188	78.925	73502.188	73518.539
46	33	79As	-73635.992	685452.812	78.921	73497.539	73514.398
45	34	79Se	-75916.938	686951.438	78.918	73494.734	73512.109
44	35	79Br	-76067.977	686320.125	78.918	73494.070	73511.953
43	36	79Kr	-74442.203	683912.000	78.920	73495.188	73513.586
42	37	79Rb	-70796.586	679484.000	78.924	73498.328	73517.234
41	38	79Sr	-65477.426	673382.500	78.930	73503.125	73522.547
40	39	79Y	-58357.426	665480.125	78.937	73509.742	73529.672
39	40	79Zr	-47357.000	653698.000	78.949	73520.234	73540.672
51	29	80Cu	-35499.000	658517.000	79.962	74469.203	74484.023
50	30	80Zn	-51777.344	674012.562	79.944	74452.414	74467.742
49	31	80Ga	-59067.746	680520.625	79.937	74444.617	74460.461

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
48	32	80Ge	-69447.742	690118.250	79.925	74433.727	74450.078
47	33	80As	-72117.969	692006.125	79.923	74430.539	74447.398
46	34	80Se	-77759.406	696865.188	79.917	74424.383	74441.758
45	35	80Br	-75888.852	694212.312	79.919	74425.742	74443.625
44	36	80Kr	-77893.344	695434.438	79.916	74423.227	74441.625
43	37	80Rb	-72172.773	688931.500	79.923	74428.445	74447.352
42	38	80Sr	-70304.883	686281.250	79.925	74429.797	74449.219
41	39	80Y	-61165.000	676359.000	79.934	74438.422	74458.352
40	40	80Zr	-55377.000	669789.000	79.941	74443.711	74464.148
51	30	81Zn	-46128.000	676434.000	80.950	75389.555	75404.883
50	31	81Ga	-57982.742	687506.938	80.938	75377.188	75393.031
49	32	81Ge	-66302.742	695044.562	80.929	75368.367	75384.719
48	33	81As	-72532.742	700492.250	80.922	75361.625	75378.484
47	34	81Se	-76389.078	703566.188	80.918	75357.250	75374.625
46	35	81Br	-77974.359	704369.125	80.916	75355.156	75373.039
45	36	81Kr	-77693.648	703306.062	80.917	75354.930	75373.328
44	37	81Rb	-75456.438	700286.500	80.919	75356.648	75375.555
43	38	81Sr	-71526.531	695574.250	80.923	75360.070	75379.492
42	39	81Y	-66016.164	689281.500	80.929	75365.070	75385.000
41	40	81Zr	-58856.164	681339.188	80.937	75371.719	75392.156
40	41	81Nb	-47460.000	669160.000	80.949	75382.602	75403.555
52	30	82Zn	-42066.000	680444.000	81.955	76325.117	76340.445
51	31	82Ga	-52946.000	690542.000	81.943	76313.719	76329.562
50	32	82Ge	-65623.438	702436.625	81.930	76300.531	76316.883
49	33	82As	-70323.438	706354.250	81.925	76295.328	76312.188
48	34	82Se	-77593.438	712841.875	81.917	76287.547	76304.922
47	35	82Br	-77495.945	711962.062	81.917	76287.133	76305.016
46	36	82Kr	-80588.562	714272.312	81.913	76283.531	76301.930
45	37	82Rb	-76189.031	709090.438	81.918	76287.414	76306.320

44	38	82Sr	-76008.727	708127.750	81.918	76287.078	76306.500
43	39	82Y	-68192.734	699529.438	81.927	76294.383	76314.312
42	40	82Zr	-64192.734	694747.062	81.931	76297.883	76318.320
41	41	82Nb	-52974.000	682746.000	81.943	76308.586	76329.539
52	31	83Ga	-49490.000	695157.000	82.947	77248.672	77264.516
51	32	83Ge	-61004.000	705888.000	82.935	77236.648	77253.000
50	33	83As	-69880.086	713982.188	82.925	77227.273	77244.133
49	34	83Se	-75340.086	718659.875	82.919	77221.289	77238.664
48	35	83Br	-79009.109	721546.500	82.915	77217.117	77235.000
47	36	83Kr	-79981.836	721736.875	82.914	77215.625	77234.023
46	37	83Rb	-79072.695	720045.438	82.915	77216.031	77234.938
45	38	83Sr	-76796.984	716987.375	82.918	77217.781	77237.203
44	39	83Y	-72328.102	711736.125	82.922	77221.750	77241.680
43	40	83Zr	-66460.102	705085.750	82.929	77227.109	77247.547
42	41	83Nb	-58960.102	696803.375	82.937	77234.094	77255.047
41	42	83Mo	-47748.000	684809.000	82.949	77244.789	77266.250
53	31	84Ga	-44395.000	698133.000	83.952	78185.258	78201.102
52	32	84Ge	-58395.000	711351.000	83.937	78170.750	78187.102
51	33	84As	-66080.000	718254.000	83.929	78162.555	78179.414
50	34	84Se	-75949.797	727340.875	83.918	78152.172	78169.547
49	35	84Br	-77776.305	728385.062	83.917	78149.836	78167.719
48	36	84Kr	-82431.031	732257.438	83.912	78144.672	78163.070
47	37	84Rb	-79750.148	728794.188	83.914	78146.836	78165.742
46	38	84Sr	-80644.289	728906.000	83.913	78145.430	78164.852
45	39	84Y	-74158.305	721637.625	83.920	78151.406	78171.336
44	40	84Zr	-71492.000	718189.000	83.923	78153.562	78174.000
43	41	84Nb	-61879.000	707794.000	83.934	78162.664	78183.617
42	42	84Mo	-55806.000	700938.000	83.940	78168.227	78189.688
53	32	85Ge	-53384.000	714411.000	84.943	79107.258	79123.609
52	33	85As	-63519.000	723763.000	84.932	79096.609	79113.469
51	34	85Se	-72428.602	731891.000	84.922	79087.195	79104.570

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
50	35	85Br	-78610.602	737290.688	84.916	79080.500	79098.383
49	36	85Kr	-81480.602	739378.312	84.913	79077.117	79095.516
48	37	85Rb	-82167.688	739283.062	84.912	79075.914	79094.820
47	38	85Sr	-81102.664	737435.688	84.913	79076.469	79095.891
46	39	85Y	-77847.664	733398.312	84.916	79079.211	79099.141
45	40	85Zr	-73154.664	727922.938	84.921	79083.398	79103.836
44	41	85Nb	-67154.664	721140.625	84.928	79088.883	79109.836
43	42	85Mo	-59066.000	712270.000	84.937	79096.469	79117.930
42	43	85Tc	-47562.000	699983.000	84.949	79107.453	79129.430
54	32	86Ge	-50049.000	719148.000	85.946	80042.086	80058.438
53	33	86As	-59401.000	727717.000	85.936	80032.227	80049.086
52	34	86Se	-70540.945	738074.688	85.924	80020.570	80037.945
51	35	86Br	-75639.945	742391.312	85.919	80014.969	80032.852
50	36	86Kr	-83265.945	749235.000	85.911	80006.820	80025.219
49	37	86Rb	-82747.320	747934.000	85.911	80006.836	80025.742
48	38	86Sr	-84521.562	748925.875	85.909	80004.547	80023.969
47	39	86Y	-79281.562	742903.562	85.915	80009.273	80029.203
46	40	86Zr	-77805.023	740644.625	85.916	80010.242	80030.680
45	41	86Nb	-69827.023	731884.312	85.925	80017.711	80038.664
44	42	86Mo	-64557.027	725831.938	85.931	80022.469	80043.930
43	43	86Tc	-53207.000	713699.000	85.943	80033.305	80055.281
54	33	87As	-56281.000	732668.000	86.940	80966.844	80983.703
53	34	87Se	-66582.484	742187.562	86.929	80956.023	80973.398
52	35	87Br	-73857.484	748680.188	86.921	80948.242	80966.125
51	36	87Kr	-80709.984	754750.375	86.913	80940.867	80959.266
50	37	87Rb	-84595.047	757853.062	86.909	80936.484	80955.391
49	38	87Sr	-84878.359	757354.000	86.909	80935.680	80955.102
48	39	87Y	-83016.750	754710.062	86.911	80937.039	80956.969
47	40	87Zr	-79347.836	750258.812	86.915	80940.195	80960.633

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
46	41	87Nb	-74182.836	744311.438	86.920	80944.836	80965.789
45	42	87Mo	-67694.609	737040.875	86.927	80950.828	80972.289
44	43	87Tc	-59122.000	727686.000	86.937	80958.883	80980.859
43	44	87Ru	-47339.000	715120.000	86.949	80970.156	80992.641
55	33	88As	-51642.000	736101.000	87.945	81902.969	81919.828
54	34	88Se	-63878.141	747554.562	87.931	81890.227	81907.602
53	35	88Br	-70732.141	753626.188	87.924	81882.859	81900.742
52	36	88Kr	-79692.141	761803.812	87.914	81873.391	81891.789
51	37	88Rb	-82606.219	763935.562	87.911	81869.969	81888.875
50	38	88Sr	-87919.664	768466.625	87.906	81864.133	81883.555
49	39	88Y	-84297.062	764061.688	87.910	81867.250	81887.180
48	40	88Zr	-83623.766	762606.062	87.910	81867.414	81887.852
47	41	88Nb	-76424.000	754624.000	87.918	81874.094	81895.047
46	42	88Mo	-72700.555	750118.125	87.922	81877.312	81898.773
45	43	88Tc	-62568.000	739204.000	87.933	81886.930	81908.906
44	44	88Ru	-55498.000	731351.000	87.940	81893.484	81915.969
56	33	89As	-47292.000	739822.000	88.949	82838.820	82855.680
55	34	89Se	-59597.000	751345.000	88.936	82825.992	82843.367
54	35	89Br	-68569.812	759535.188	88.926	82816.516	82834.398
53	36	89Kr	-76724.812	766907.812	88.918	82807.844	82826.242
52	37	89Rb	-81710.695	771111.375	88.912	82802.352	82821.258
51	38	89Sr	-86207.047	774825.375	88.907	82797.344	82816.766
50	39	89Y	-87702.102	775538.062	88.906	82795.336	82815.266
49	40	89Zr	-84869.414	771923.000	88.909	82797.664	82818.102
48	41	89Nb	-80578.406	766849.625	88.913	82801.438	82822.391
47	42	89Mo	-75003.359	760492.250	88.919	82806.500	82827.961
46	43	89Tc	-67493.359	752199.875	88.928	82813.500	82835.477
45	44	89Ru	-59513.000	743437.000	88.936	82820.969	82843.453
44	45	89Rh	-47152.000	730294.000	88.949	82832.820	82855.812

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
56	34	90Se	-56430.000	756249.000	89.939	83760.656	83778.031
55	35	90Br	-64613.082	763649.750	89.931	83751.961	83769.844
54	36	90Kr	-74963.086	773217.438	89.920	83741.094	83759.492
53	37	90Rb	-79354.945	776826.938	89.915	83736.203	83755.109
52	38	90Sr	-85941.859	782631.500	89.908	83729.102	83748.523
51	39	90Y	-86487.859	782395.125	89.907	83728.047	83747.977
50	40	90Zr	-88767.938	783892.875	89.905	83725.258	83745.695
49	41	90Nb	-82656.938	776999.500	89.911	83730.852	83751.805
48	42	90Mo	-80167.938	773728.125	89.914	83732.828	83754.289
47	43	90Tc	-71207.273	763985.125	89.924	83741.273	83763.250
46	44	90Ru	-65409.000	757405.000	89.930	83746.570	83769.055
45	45	90Rh	-53216.000	744429.000	89.943	83758.258	83781.250
57	34	91Se	-50888.000	758778.000	90.945	84697.688	84715.062
56	35	91Br	-61510.918	768618.938	90.934	84686.562	84704.445
55	36	91Kr	-71312.922	777638.562	90.923	84676.242	84694.641
54	37	91Rb	-77747.922	783291.188	90.917	84669.305	84688.211
53	38	91Sr	-83638.977	788399.938	90.910	84662.898	84682.320
52	39	91Y	-86346.297	790324.875	90.907	84659.680	84679.609
51	40	91Zr	-87891.133	791087.375	90.906	84657.633	84678.070
50	41	91Nb	-86637.742	789051.625	90.907	84658.367	84679.320
49	42	91Mo	-82203.633	783835.188	90.912	84662.289	84683.750
48	43	91Tc	-75983.633	776832.812	90.918	84668.000	84689.977
47	44	91Ru	-68578.969	768645.812	90.926	84674.891	84697.375
46	45	91Rh	-59103.000	758388.000	90.937	84683.867	84706.859
45	46	91Pd	-47059.000	745561.000	90.949	84695.391	84718.898
58	34	92Se	-47199.000	763160.000	91.949	85632.875	85650.250
57	35	92Br	-56583.355	771762.688	91.939	85622.984	85640.867
56	36	92Kr	-68788.258	783185.250	91.926	85610.266	85628.664
55	37	92Rb	-74775.258	788389.875	91.920	85603.773	85622.680

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
54	38	92Sr	-82875.109	795707.375	91.911	85595.156	85614.578
53	39	92Y	-84815.469	796865.375	91.909	85592.703	85612.633
52	40	92Zr	-88454.562	799722.125	91.905	85588.555	85608.992
51	41	92Nb	-86448.953	796934.188	91.907	85590.047	85611.000
50	42	92Mo	-86805.469	796508.312	91.907	85589.180	85610.641
49	43	92Tc	-78935.109	787855.625	91.915	85596.531	85618.508
48	44	92Ru	-74408.000	782546.000	91.920	85600.555	85623.039
47	45	92Rh	-63360.000	770716.000	91.932	85611.102	85634.094
46	46	92Pd	-55498.000	762072.000	91.940	85618.438	85641.945
58	35	93Br	-53002.000	776253.000	92.943	86558.062	86575.945
57	36	93Kr	-64026.000	786494.312	92.931	86546.523	86564.922
56	37	93Rb	-72626.000	794311.938	92.922	86537.414	86556.320
55	38	93Sr	-80087.602	800991.188	92.914	86529.438	86548.859
54	39	93Y	-84224.203	804345.438	92.910	86524.789	86544.719
53	40	93Zr	-87117.383	806456.250	92.906	86521.383	86541.820
52	41	93Nb	-87208.742	805765.250	92.906	86520.781	86541.734
51	42	93Mo	-86803.852	804578.000	92.907	86520.680	86542.141
50	43	93Tc	-83603.000	800594.812	92.910	86523.367	86545.344
49	44	93Ru	-77266.000	793475.438	92.917	86529.188	86551.672
48	45	93Rh	-69173.000	784600.000	92.926	86536.781	86559.773
47	46	93Pd	-59699.000	774344.000	92.936	86545.742	86569.250
59	35	94Br	-47804.000	779126.000	93.949	87494.750	87512.633
58	36	94Kr	-61141.000	791681.000	93.934	87480.891	87499.289
57	37	94Rb	-68551.125	798308.375	93.926	87472.977	87491.883
56	38	94Sr	-78841.773	807816.688	93.915	87462.172	87481.594
55	39	94Y	-82349.641	810542.188	93.912	87458.156	87478.086
54	40	94Zr	-87266.289	814676.500	93.906	87452.727	87473.164
53	41	94Nb	-86364.891	812992.750	93.907	87453.117	87474.070
52	42	94Mo	-88410.336	814255.812	93.905	87450.570	87472.031

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
51	43	94Tc	-84154.594	809217.750	93.910	87454.305	87476.281
50	44	94Ru	-82568.016	806848.812	93.911	87455.391	87477.875
49	45	94Rh	-72938.000	796436.000	93.922	87464.508	87487.500
48	46	94Pd	-66350.000	789066.000	93.929	87470.578	87494.086
47	47	94Ag	-53300.000	775234.000	93.943	87483.125	87507.141
59	36	95Kr	-56039.000	794650.000	94.940	88417.500	88435.898
58	37	95Rb	-65838.680	803667.250	94.929	88407.188	88426.094
57	38	95Sr	-75117.328	812163.562	94.919	88397.391	88416.812
56	39	95Y	-81204.180	817468.062	94.913	88390.797	88410.727
55	40	95Zr	-85657.625	821139.125	94.908	88385.836	88406.273
54	41	95Nb	-86782.461	821481.625	94.907	88384.188	88405.141
53	42	95Mo	-87708.078	821624.875	94.906	88382.758	88404.219
52	43	95Tc	-86017.445	819151.938	94.908	88383.938	88405.914
51	44	95Ru	-83449.992	815802.125	94.910	88386.000	88408.484
50	45	95Rh	-78339.992	809909.750	94.916	88390.594	88413.586
49	46	95Pd	-70151.000	800938.000	94.925	88398.273	88421.781
48	47	95Ag	-60100.000	790105.000	94.935	88407.812	88431.828
60	36	96Kr	-53030.000	799712.000	95.943	89352.000	89370.398
59	37	96Rb	-61214.086	807114.000	95.934	89343.305	89362.211
58	38	96Sr	-72954.156	818071.750	95.922	89331.047	89350.469
57	39	96Y	-78340.695	822675.875	95.916	89325.148	89345.078
56	40	96Zr	-85440.648	828993.500	95.908	89317.547	89337.984
55	41	96Nb	-85604.219	828374.688	95.908	89316.875	89337.828
54	42	96Mo	-88791.016	830779.188	95.905	89313.172	89334.633
53	43	96Tc	-85817.781	827023.562	95.908	89315.633	89337.609
52	44	96Ru	-86072.195	826495.625	95.908	89314.875	89337.359
51	45	96Rh	-79625.758	819266.875	95.915	89320.812	89343.805
50	46	96Pd	-76175.758	815034.500	95.918	89323.742	89347.250
49	47	96Ag	-64571.000	802648.000	95.931	89334.836	89358.852

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
48	48	96Cd	-56104.000	793398.000	95.940	89342.789	89367.320
61	36	97Kr	-47916.000	802670.000	96.949	90288.609	90307.008
60	37	97Rb	-58364.738	812336.000	96.937	90277.656	90296.562
59	38	97Sr	-68791.977	821980.875	96.926	90266.711	90286.133
58	39	97Y	-76260.453	828667.000	96.918	90258.727	90278.656
57	40	97Zr	-82948.859	834573.062	96.911	90251.531	90271.969
56	41	97Nb	-85606.945	836448.750	96.908	90248.359	90269.312
55	42	97Mo	-87540.828	837600.312	96.906	90245.922	90267.383
54	43	97Tc	-87220.570	836497.688	96.906	90245.719	90267.695
53	44	97Ru	-86112.375	834607.125	96.908	90246.320	90268.805
52	45	97Rh	-82589.375	830301.812	96.911	90249.344	90272.336
51	46	97Pd	-77799.375	824729.438	96.916	90253.617	90277.125
50	47	97Ag	-70794.000	816941.000	96.924	90260.117	90284.133
49	48	97Cd	-60603.000	805968.000	96.935	90269.789	90294.320
61	37	98Rb	-54302.777	816345.312	97.942	91213.203	91232.109
60	38	98Sr	-66628.656	827888.875	97.928	91200.367	91219.789
59	39	98Y	-72452.031	832929.875	97.922	91194.031	91213.961
58	40	98Zr	-81276.227	840971.750	97.913	91184.695	91205.133
57	41	98Nb	-83526.414	842439.562	97.910	91181.938	91202.891
56	42	98Mo	-88112.008	846242.812	97.905	91176.844	91198.305
55	43	98Tc	-86428.016	843776.438	97.907	91178.016	91199.992
54	44	98Ru	-88224.477	844790.562	97.905	91175.703	91198.188
53	45	98Rh	-83167.094	838950.812	97.911	91180.258	91203.250
52	46	98Pd	-81300.086	836301.438	97.913	91181.602	91205.109
51	47	98Ag	-72880.086	827099.125	97.922	91189.516	91213.531
50	48	98Cd	-67460.000	820897.000	97.928	91194.422	91218.953
49	49	98In	-53803.000	806457.000	97.942	91207.570	91232.609
62	37	99Rb	-50840.359	820954.250	98.945	92148.164	92167.070
61	38	99Sr	-62116.633	831448.188	98.933	92136.367	92155.789

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
60	39	99Y	-70202.281	838751.438	98.925	92127.773	92147.703
59	40	99Zr	-77769.414	845536.250	98.917	92119.703	92140.141
58	41	99Nb	-82327.414	849311.875	98.912	92114.625	92135.578
57	42	99Mo	-85966.078	852168.188	98.908	92110.484	92131.945
56	43	99Tc	-87323.305	852743.062	98.906	92108.609	92130.586
55	44	99Ru	-87616.961	852254.375	98.906	92107.805	92130.289
54	45	99Rh	-85574.383	849429.438	98.908	92109.344	92132.336
53	46	99Pd	-82187.797	845260.500	98.912	92112.211	92135.719
52	47	99Ag	-76757.797	839048.125	98.918	92117.141	92141.156
51	48	99Cd	-69853.000	831361.000	98.925	92123.523	92148.055
50	49	99In	-60910.000	821636.000	98.935	92131.953	92156.992
63	37	100Rb	-46696.000	824881.000	99.950	93083.805	93102.711
62	38	100Sr	-60219.469	837622.312	99.935	93069.758	93089.180
61	39	100Y	-67294.469	843914.938	99.928	93062.180	93082.109
60	40	100Zr	-76604.469	852442.625	99.918	93052.359	93072.797
59	41	100Nb	-79939.469	854995.250	99.914	93048.516	93069.469
58	42	100Mo	-86184.469	860457.875	99.907	93041.758	93063.219
57	43	100Tc	-86016.383	859507.500	99.908	93041.406	93063.383
56	44	100Ru	-89218.797	861927.500	99.904	93037.695	93060.180
55	45	100Rh	-85588.797	857515.188	99.908	93040.820	93063.812
54	46	100Pd	-85227.406	856371.438	99.909	93040.664	93064.172
53	47	100Ag	-78180.852	848542.500	99.916	93047.203	93071.219
52	48	100Cd	-74305.047	843884.375	99.920	93050.570	93075.102
51	49	100In	-64134.254	832931.188	99.931	93060.234	93085.273
50	50	100Sn	-56864.000	824879.000	99.939	93066.984	93092.531
64	37	101Rb	-43597.645	829854.188	100.953	94018.398	94037.305
63	38	101Sr	-55407.645	840881.812	100.941	94006.070	94025.492
62	39	101Y	-64912.645	849604.438	100.930	93996.055	94015.984
61	40	101Zr	-73457.648	857367.125	100.921	93986.992	94007.430

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
60	41	101Nb	-78942.648	862069.750	100.915	93980.992	94001.945
59	42	101Mo	-83511.648	865856.375	100.910	93975.922	93997.383
58	43	101Tc	-86336.086	867898.500	100.907	93972.578	93994.555
57	44	101Ru	-87949.586	868729.625	100.906	93970.469	93992.953
56	45	101Rh	-87408.102	867405.812	100.906	93970.492	93993.484
55	46	101Pd	-85428.102	864643.438	100.908	93971.961	93995.469
54	47	101Ag	-81224.273	859657.250	100.913	93975.656	93999.672
53	48	101Cd	-75747.734	853398.375	100.919	93980.617	94005.148
52	49	101In	-68409.000	845277.000	100.927	93987.445	94012.484
51	50	101Sn	-59560.000	835646.000	100.936	93995.797	94021.344
65	37	102Rb	-37996.000	832323.000	101.959	94955.484	94974.391
64	38	102Sr	-53077.645	846623.125	101.943	94939.891	94959.312
63	39	102Y	-61892.645	854655.812	101.934	94930.570	94950.500
62	40	102Zr	-71742.641	863723.438	101.923	94920.211	94940.648
61	41	102Nb	-76347.641	867546.062	101.918	94915.086	94936.039
60	42	102Mo	-83557.641	873973.750	101.910	94907.367	94928.828
59	43	102Tc	-84567.594	874201.312	101.909	94905.852	94927.828
58	44	102Ru	-89097.852	877949.250	101.904	94900.805	94923.289
57	45	102Rh	-86775.320	874844.312	101.907	94902.617	94925.609
56	46	102Pd	-87925.836	875212.500	101.906	94900.961	94924.469
55	47	102Ag	-81971.461	868475.750	101.912	94906.406	94930.422
54	48	102Cd	-79384.461	865106.438	101.915	94908.477	94933.008
53	49	102In	-70134.461	855074.062	101.925	94917.211	94942.250
52	50	102Sn	-64748.000	848905.000	101.930	94922.094	94947.641
65	38	103Sr	-47553.000	849170.000	102.949	95876.914	95896.336
64	39	103Y	-58740.000	859574.000	102.937	95865.219	95885.148
63	40	103Zr	-68374.383	868426.500	102.927	95855.070	95875.508
62	41	103Nb	-75319.383	874589.125	102.919	95847.617	95868.570
61	42	103Mo	-80849.383	879336.812	102.913	95841.578	95863.039

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
60	43	103Tc	-84599.383	882304.438	102.909	95837.312	95859.289
59	44	103Ru	-87258.922	884181.625	102.906	95834.133	95856.617
58	45	103Rh	-88022.273	884162.625	102.906	95832.867	95855.859
57	46	103Pd	-87479.195	882837.188	102.906	95832.898	95856.406
56	47	103Ag	-84791.602	879367.250	102.909	95835.078	95859.094
55	48	103Cd	-80649.711	874443.000	102.913	95838.695	95863.227
54	49	103In	-74599.711	867610.625	102.920	95844.242	95869.281
53	50	103Sn	-66946.000	859175.000	102.928	95851.391	95876.938
52	51	103Sb	-55778.000	847224.000	102.940	95862.039	95888.102
66	38	104Sr	-44404.000	854092.000	103.952	96811.555	96830.977
65	39	104Y	-54539.000	863445.000	103.941	96800.906	96820.836
64	40	104Zr	-66341.000	874464.000	103.929	96788.609	96809.047
63	41	104Nb	-72228.531	879569.625	103.922	96782.195	96803.148
62	42	104Mo	-80333.531	886892.250	103.914	96773.586	96795.047
61	43	104Tc	-82488.531	888264.938	103.911	96770.914	96792.891
60	44	104Ru	-88091.242	893085.250	103.905	96764.805	96787.289
59	45	104Rh	-86950.000	891161.688	103.907	96765.438	96788.430
58	46	104Pd	-89390.891	892820.188	103.904	96762.477	96785.984
57	47	104Ag	-85112.242	887759.188	103.909	96766.250	96790.266
56	48	104Cd	-83975.953	885840.562	103.910	96766.875	96791.406
55	49	104In	-76067.266	877149.500	103.918	96774.266	96799.305
54	50	104Sn	-71552.266	871852.188	103.923	96778.281	96803.828
53	51	104Sb	-59348.000	858866.000	103.936	96789.969	96816.031
66	39	105Y	-51148.000	868125.000	104.945	97735.797	97755.727
65	40	105Zr	-62364.000	878558.000	104.933	97724.062	97744.500
64	41	105Nb	-70854.992	886267.375	104.924	97715.062	97736.016
63	42	105Mo	-77339.992	891970.062	104.917	97708.078	97729.539
62	43	105Tc	-82289.992	896137.688	104.912	97702.609	97724.586
61	44	105Ru	-85929.992	898995.312	104.908	97698.461	97720.945

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
60	45	105Rh	-87846.906	900129.875	104.906	97696.031	97719.023
59	46	105Pd	-88413.625	899914.250	104.905	97694.953	97718.461
58	47	105Ag	-87068.375	897786.688	104.907	97695.781	97719.797
57	48	105Cd	-84330.172	894266.125	104.909	97698.008	97722.539
56	49	105In	-79481.172	888634.750	104.915	97702.352	97727.391
55	50	105Sn	-73224.352	881595.562	104.921	97708.102	97733.648
54	51	105Sb	-63780.695	871369.562	104.932	97717.023	97743.086
67	39	106Y	-46370.000	871418.000	105.950	98672.070	98692.000
66	40	106Zr	-59699.000	883966.000	105.936	98658.234	98678.672
65	41	106Nb	-66891.000	890374.000	105.928	98650.523	98671.477
64	42	106Mo	-76257.414	898958.812	105.918	98640.648	98662.109
63	43	106Tc	-79777.414	901696.438	105.914	98636.609	98658.586
62	44	106Ru	-86324.414	907461.062	105.907	98629.555	98652.039
61	45	106Rh	-86363.812	906718.125	105.907	98629.016	98652.008
60	46	106Pd	-89904.914	909476.875	105.903	98624.953	98648.461
59	47	106Ag	-86939.648	905729.250	105.907	98627.406	98651.422
58	48	106Cd	-87133.789	905141.062	105.906	98626.695	98651.227
57	49	106In	-80610.422	897835.312	105.913	98632.719	98657.758
56	50	106Sn	-77425.328	893867.875	105.917	98635.391	98660.938
55	51	106Sb	-66357.000	882017.000	105.929	98645.938	98672.000
54	52	106Te	-58030.000	872908.000	105.938	98653.766	98680.336
67	40	107Zr	-55089.000	887426.000	106.941	99594.336	99614.773
66	41	107Nb	-64916.000	896471.000	106.930	99583.992	99604.945
65	42	107Mo	-72940.883	903713.562	106.922	99575.461	99596.922
64	43	107Tc	-79100.883	909091.250	106.915	99568.781	99590.758
63	44	107Ru	-83920.883	913128.875	106.910	99563.453	99585.938
62	45	107Rh	-86861.297	915286.938	106.907	99560.008	99583.000
61	46	107Pd	-88372.266	916015.562	106.905	99557.977	99581.484
60	47	107Ag	-88405.266	915266.188	106.905	99557.445	99581.461

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
59	48	107Cd	-86988.266	913066.875	106.907	99558.344	99582.875
58	49	107In	-83562.266	908858.500	106.910	99561.258	99586.297
57	50	107Sn	-78555.945	903069.812	106.916	99565.758	99591.305
56	51	107Sb	-70654.000	894385.000	106.924	99573.141	99599.203
55	52	107Te	-60513.000	883462.000	106.935	99582.781	99609.352
68	40	108Zr	-51903.000	892312.000	107.944	100529.016	100549.453
67	41	108Nb	-60538.000	900164.000	107.935	100519.859	100540.812
66	42	108Mo	-71185.000	910029.000	107.924	100508.703	100530.164
65	43	108Tc	-75935.406	913997.062	107.918	100503.445	100525.422
64	44	108Ru	-83655.406	920934.688	107.910	100495.219	100517.703
63	45	108Rh	-85016.727	921513.688	107.909	100493.344	100516.336
62	46	108Pd	-89521.727	925236.312	107.904	100488.320	100511.828
61	47	108Ag	-87603.547	922535.812	107.906	100489.734	100513.750
60	48	108Cd	-89252.570	923402.500	107.904	100487.570	100512.102
59	49	108In	-84095.562	917463.125	107.910	100492.219	100517.258
58	50	108Sn	-82003.742	914588.938	107.912	100493.805	100519.352
57	51	108Sb	-72507.000	904310.000	107.922	100502.781	100528.844
56	52	108Te	-65682.578	896703.062	107.929	100509.102	100535.672
55	53	108I	-52824.000	883062.000	107.943	100521.445	100548.531
68	41	109Nb	-58097.000	905795.000	108.938	101453.797	101474.750
67	42	109Mo	-67245.000	914160.000	108.928	101444.141	101465.602
66	43	109Tc	-74867.000	921000.000	108.920	101436.000	101457.977
65	44	109Ru	-80852.211	926202.875	108.913	101429.508	101451.992
64	45	109Rh	-85012.211	929580.500	108.909	101424.844	101447.836
63	46	109Pd	-87603.703	931389.625	108.906	101421.734	101445.242
62	47	109Ag	-88719.656	931723.250	108.905	101420.109	101444.125
61	48	109Cd	-88505.359	930726.562	108.905	101419.812	101444.344
60	49	109In	-86485.406	927924.250	108.907	101421.320	101446.359
59	50	109Sn	-82635.727	923292.250	108.911	101424.664	101450.211

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
58	51	109Sb	-76255.727	916129.875	108.918	101430.531	101456.594
57	52	109Te	-67573.844	906665.625	108.927	101438.703	101465.273
56	53	109I	-57574.090	895883.562	108.938	101448.188	101475.273
69	41	110Nb	-53393.000	909162.000	109.943	102389.992	102410.945
68	42	110Mo	-65456.000	920443.000	109.930	102377.422	102398.883
67	43	110Tc	-71362.000	925566.000	109.923	102371.008	102392.984
66	44	110Ru	-80139.969	933561.938	109.914	102361.719	102384.203
65	45	110Rh	-82949.969	935589.562	109.911	102358.398	102381.391
64	46	110Pd	-88349.969	940207.250	109.905	102352.484	102375.992
63	47	110Ag	-87457.531	938532.438	109.906	102352.867	102376.883
62	48	110Cd	-90349.711	940642.250	109.903	102349.461	102373.992
61	49	110In	-86471.711	935981.875	109.907	102352.828	102377.867
60	50	110Sn	-85834.656	934562.500	109.908	102352.969	102378.516
59	51	110Sb	-77535.000	925480.000	109.917	102360.742	102386.805
58	52	110Te	-72277.250	919440.375	109.922	102365.500	102392.070
57	53	110I	-60348.000	906729.000	109.935	102376.914	102404.000
56	54	110Xe	-51721.000	897319.000	109.944	102385.031	102412.625
69	42	111Mo	-61004.000	924062.000	110.935	103313.367	103334.828
68	43	111Tc	-69815.000	932091.000	110.925	103304.039	103326.016
67	44	111Ru	-76792.000	938286.000	110.918	103296.555	103319.039
66	45	111Rh	-82288.000	942999.000	110.912	103290.562	103313.555
65	46	111Pd	-86029.094	945957.688	110.908	103286.297	103309.805
64	47	111Ag	-88217.422	947363.625	110.905	103283.602	103307.617
63	48	111Cd	-89254.227	947618.125	110.904	103282.055	103306.586
62	49	111In	-88388.820	945970.312	110.905	103282.414	103307.453
61	50	111Sn	-85943.906	942743.062	110.908	103284.344	103309.891
60	51	111Sb	-80844.000	936861.000	110.913	103288.930	103314.992
59	52	111Te	-73475.688	928710.125	110.921	103295.789	103322.359
58	53	111I	-64947.000	919399.000	110.930	103303.805	103330.891

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
57	54	111Xe	-54369.000	908039.000	110.942	103313.875	103341.469
70	42	112Mo	-58833.000	929962.000	111.937	104247.031	104268.492
69	43	112Tc	-65913.000	936259.000	111.929	104239.438	104261.414
68	44	112Ru	-75867.000	945432.000	111.919	104228.977	104251.461
67	45	112Rh	-79537.000	948319.000	111.915	104224.805	104247.797
66	46	112Pd	-86337.109	954337.000	111.907	104217.484	104240.992
65	47	112Ag	-86625.078	953842.625	111.907	104216.688	104240.703
64	48	112Cd	-90581.047	957016.250	111.903	104212.227	104236.758
63	49	112In	-87995.117	953647.938	111.906	104214.297	104239.336
62	50	112Sn	-88658.828	953529.312	111.905	104213.125	104238.672
61	51	112Sb	-81603.852	945692.000	111.912	104219.664	104245.727
60	52	112Te	-77256.594	940562.375	111.917	104223.500	104250.070
59	53	112I	-67096.000	929619.000	111.928	104233.148	104260.234
58	54	112Xe	-59927.332	921668.375	111.936	104239.805	104267.398
57	55	112Cs	-46266.000	907225.000	111.950	104252.953	104281.055
71	42	113Mo	-53999.000	933199.000	112.942	105183.367	105204.828
70	43	113Tc	-63966.000	942384.000	112.931	105172.883	105194.859
69	44	113Ru	-72154.000	949789.000	112.923	105164.195	105186.680
68	45	113Rh	-78786.000	955639.000	112.915	105157.047	105180.039
67	46	113Pd	-83693.469	959764.688	112.910	105151.617	105175.125
66	47	113Ag	-87033.469	962322.312	112.907	105147.781	105171.797
65	48	113Cd	-89049.930	963556.438	112.904	105145.242	105169.773
64	49	113In	-89366.383	963090.562	112.904	105144.414	105169.453
63	50	113Sn	-88330.422	961272.250	112.905	105144.945	105170.492
62	51	113Sb	-84413.891	956573.375	112.909	105148.352	105174.414
61	52	113Te	-78314.000	949691.000	112.916	105153.945	105180.516
60	53	113I	-71124.914	941719.688	112.924	105160.617	105187.703
59	54	113Xe	-62053.480	931865.875	112.933	105169.180	105196.773
58	55	113Cs	-51664.828	920694.875	112.945	105179.055	105207.156

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
71	43	114Tc	-59727.000	946217.000	113.936	106108.617	106130.594
70	44	114Ru	-70794.000	956501.000	113.924	106097.047	106119.531
69	45	114Rh	-75594.000	960519.000	113.919	106091.734	106114.727
68	46	114Pd	-83494.156	967636.688	113.910	106083.320	106106.828
67	47	114Ag	-84944.875	968305.062	113.909	106081.359	106105.375
66	48	114Cd	-90021.320	972599.125	113.903	106075.766	106100.297
65	49	114In	-88569.453	970364.938	113.905	106076.719	106101.758
64	50	114Sn	-90558.141	971571.250	113.903	106074.219	106099.766
63	51	114Sb	-84676.633	964907.438	113.909	106079.578	106105.641
62	52	114Te	-81919.000	961367.000	113.912	106081.828	106108.398
61	53	114I	-72796.000	951462.000	113.922	106090.430	106117.516
60	54	114Xe	-66932.000	944816.000	113.928	106095.797	106123.391
59	55	114Cs	-54566.000	931667.000	113.941	106107.648	106135.750
58	56	114Ba	-45698.000	922017.000	113.951	106116.008	106144.625
72	43	115Tc	-57492.000	952053.000	114.938	107042.344	107064.320
71	44	115Ru	-66779.000	960557.000	114.928	107032.555	107055.039
70	45	115Rh	-74403.375	967399.625	114.920	107024.422	107047.414
69	46	115Pd	-80403.375	972617.250	114.914	107017.898	107041.406
68	47	115Ag	-84987.375	976418.875	114.909	107012.805	107036.820
67	48	115Cd	-88090.859	978740.000	114.905	107009.195	107033.727
66	49	115In	-89536.750	979403.562	114.904	107007.234	107032.273
65	50	115Sn	-90032.633	979117.062	114.903	107006.227	107031.773
64	51	115Sb	-87002.633	975304.750	114.907	107008.750	107034.812
63	52	115Te	-82363.969	969883.688	114.912	107012.875	107039.445
62	53	115I	-76459.000	963196.000	114.918	107018.273	107045.359
61	54	115Xe	-68430.000	954385.000	114.927	107025.789	107053.383
60	55	115Cs	-59672.000	944845.000	114.936	107034.039	107062.141
59	56	115Ba	-48708.000	933098.000	114.948	107044.492	107073.109
72	44	116Ru	-65056.000	966905.000	115.930	107965.766	107988.250

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
71	45	116Rh	-71061.000	972129.000	115.924	107959.250	107982.242
70	46	116Pd	-79961.023	980246.188	115.914	107949.844	107973.352
69	47	116Ag	-82568.023	982070.875	115.911	107946.727	107970.742
68	48	116Cd	-88719.727	987440.188	115.905	107940.055	107964.586
67	49	116In	-88249.734	986187.875	115.905	107940.023	107965.062
66	50	116Sn	-91524.719	988680.500	115.902	107936.234	107961.781
65	51	116Sb	-86817.805	983191.250	115.907	107940.430	107966.492
64	52	116Te	-85305.969	980897.062	115.908	107941.438	107968.008
63	53	116I	-77560.820	972369.562	115.917	107948.656	107975.742
62	54	116Xe	-72901.000	966927.000	115.922	107952.812	107980.406
61	55	116Cs	-62490.055	955734.062	115.933	107962.719	107990.820
60	56	116Ba	-54325.000	946786.000	115.942	107970.367	107998.984
73	44	117Ru	-60743.000	970664.000	116.935	108901.578	108924.062
72	45	117Rh	-69536.000	978675.000	116.925	108892.273	108915.266
71	46	117Pd	-76532.000	984888.000	116.918	108884.758	108908.266
70	47	117Ag	-82265.641	989839.812	116.912	108878.523	108902.539
69	48	117Cd	-86425.641	993217.438	116.907	108873.844	108898.375
68	49	117In	-88943.008	994952.438	116.905	108870.812	108895.852
67	50	117Sn	-90397.969	995625.062	116.903	108868.859	108894.406
66	51	117Sb	-88641.336	993086.062	116.905	108870.094	108896.156
65	52	117Te	-85106.703	988769.062	116.909	108873.117	108899.688
64	53	117I	-80436.648	983316.688	116.914	108877.281	108904.367
63	54	117Xe	-73993.812	976091.500	116.921	108883.219	108910.812
62	55	117Cs	-66471.883	967787.188	116.929	108890.227	108918.328
61	56	117Ba	-56952.000	957485.000	116.939	108899.234	108927.852
60	57	117La	-46565.000	946316.000	116.950	108909.102	108938.227
74	44	118Ru	-58656.000	976649.000	117.937	109835.156	109857.641
73	45	118Rh	-65736.000	982946.000	117.929	109827.570	109850.562
72	46	118Pd	-75465.984	991893.812	117.919	109817.320	109840.828

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
71	47	118Ag	-79565.984	995211.438	117.915	109812.711	109836.727
70	48	118Cd	-86708.906	1001572.062	117.907	109805.055	109829.586
69	49	118In	-87230.094	1001310.875	117.906	109804.023	109829.062
68	50	118Sn	-91653.102	1004951.500	117.902	109799.102	109824.648
67	51	118Sb	-87996.469	1000512.562	117.906	109802.227	109828.289
66	52	118Te	-87723.258	999457.000	117.906	109802.000	109828.570
65	53	118I	-80690.445	991641.812	117.913	109808.516	109835.602
64	54	118Xe	-77713.680	987882.688	117.917	109810.984	109838.578
63	55	118Cs	-68413.680	977800.312	117.927	109819.773	109847.875
62	56	118Ba	-62000.000	970605.000	117.933	109825.680	109854.297
61	57	118La	-49770.000	957592.000	117.947	109837.398	109866.523
74	45	119Rh	-63938.000	989219.000	118.931	110760.859	110783.852
73	46	119Pd	-72023.000	996522.000	118.923	110752.258	110775.766
72	47	119Ag	-78556.562	1002273.375	118.916	110745.211	110769.227
71	48	119Cd	-83906.562	1006841.000	118.910	110739.352	110763.883
70	49	119In	-87703.562	1009855.688	118.906	110735.047	110760.086
69	50	119Sn	-90067.188	1011436.938	118.903	110732.180	110757.727
68	51	119Sb	-89473.281	1010060.688	118.904	110732.250	110758.312
67	52	119Te	-87180.273	1006985.312	118.906	110734.039	110760.609
66	53	119I	-83666.000	1002688.688	118.910	110737.039	110764.125
65	54	119Xe	-78660.656	996901.000	118.916	110741.531	110769.125
64	55	119Cs	-72311.047	989769.000	118.922	110747.375	110775.477
63	56	119Ba	-64224.707	980900.312	118.931	110754.938	110783.555
62	57	119La	-54967.000	970861.000	118.941	110763.703	110792.828
61	58	119Ce	-44004.000	959115.000	118.953	110774.141	110803.781
75	45	120Rh	-59821.000	993173.000	119.936	111696.469	111719.461
74	46	120Pd	-70766.000	1003336.000	119.924	111685.016	111708.523
73	47	120Ag	-75647.914	1007436.062	119.919	111679.625	111703.641
72	48	120Cd	-83972.914	1014978.688	119.910	111670.781	111695.312

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
71	49	120In	-85733.297	1015956.688	119.908	111668.508	111693.547
70	50	120Sn	-91103.297	1020544.375	119.902	111662.633	111688.180
69	51	120Sb	-88422.695	1017081.375	119.905	111664.797	111690.859
68	52	120Te	-89404.883	1017281.250	119.904	111663.305	111689.875
67	53	120I	-83789.883	1010883.875	119.910	111668.406	111695.492
66	54	120Xe	-81829.883	1008141.562	119.912	111669.859	111697.453
65	55	120Cs	-73887.750	999417.062	119.921	111677.289	111705.391
64	56	120Ba	-68887.750	993634.688	119.926	111681.781	111710.398
63	57	120La	-57687.000	981652.000	119.938	111692.469	111721.594
62	58	120Ce	-49705.000	972887.000	119.947	111699.938	111729.578
76	45	121Rh	-57678.000	999102.000	120.938	112630.109	112653.102
75	46	121Pd	-66900.000	1007542.000	120.928	112620.367	112643.875
74	47	121Ag	-74658.234	1014517.688	120.920	112612.094	112636.109
73	48	121Cd	-81058.234	1020135.312	120.913	112605.195	112629.727
72	49	121In	-85838.234	1024133.000	120.908	112599.898	112624.938
71	50	121Sn	-89202.773	1026715.188	120.904	112596.031	112621.578
70	51	121Sb	-89592.898	1026322.938	120.904	112595.117	112621.180
69	52	121Te	-88557.297	1024505.000	120.905	112595.648	112622.219
68	53	121I	-86287.945	1021453.250	120.907	112597.406	112624.492
67	54	121Xe	-82542.938	1016925.938	120.911	112600.641	112628.234
66	55	121Cs	-77142.938	1010743.562	120.917	112605.531	112633.633
65	56	121Ba	-70340.914	1003159.188	120.924	112611.820	112640.438
64	57	121La	-62401.000	994437.000	120.933	112619.250	112648.375
63	58	121Ce	-52471.000	983725.000	120.944	112628.664	112658.305
62	59	121Pr	-41579.000	972050.000	120.955	112639.047	112669.195
76	46	122Pd	-65391.000	1014104.000	121.930	113553.375	113576.883
75	47	122Ag	-71427.000	1019358.000	121.923	113546.828	113570.844
74	48	122Cd	-80574.000	1027723.000	121.914	113537.172	113561.703
73	49	122In	-83576.328	1029942.375	121.910	113533.656	113558.695

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
72	50	122Sn	-89944.922	1035528.625	121.903	113526.781	113552.328
71	51	122Sb	-88328.516	1033129.875	121.905	113527.875	113553.938
70	52	122Te	-90311.062	1034330.062	121.903	113525.391	113551.961
69	53	122I	-86077.062	1029313.688	121.908	113529.109	113556.195
68	54	122Xe	-85186.609	1027640.875	121.909	113529.492	113557.086
67	55	122Cs	-78131.891	1019803.812	121.916	113536.039	113564.141
66	56	122Ba	-74277.000	1015167.000	121.920	113539.375	113567.992
65	57	122La	-64543.000	1004650.000	121.931	113548.602	113577.727
64	58	122Ce	-57743.000	997068.000	121.938	113554.891	113584.531
63	59	122Pr	-45038.000	983580.000	121.952	113567.078	113597.227
77	46	123Pd	-61236.000	1018021.000	122.934	114489.016	114512.523
76	47	123Ag	-69955.000	1025957.000	122.925	114479.789	114503.805
75	48	123Cd	-77310.570	1032530.312	122.917	114471.922	114496.453
74	49	123In	-83425.570	1037862.938	122.910	114465.297	114490.336
73	50	123Sn	-87819.469	1041474.500	122.906	114460.398	114485.945
72	51	123Sb	-89222.492	1042095.188	122.904	114458.477	114484.539
71	52	123Te	-89169.156	1041259.500	122.904	114458.023	114484.594
70	53	123I	-87934.938	1039242.938	122.906	114458.750	114485.836
69	54	123Xe	-85258.938	1035784.562	122.908	114460.914	114488.508
68	55	123Cs	-81049.125	1030792.375	122.913	114464.617	114492.719
67	56	123Ba	-75591.000	1024552.000	122.919	114469.555	114498.172
66	57	123La	-68707.000	1016886.000	122.926	114475.930	114505.055
65	58	123Ce	-60072.000	1007468.000	122.936	114484.047	114513.688
64	59	123Pr	-50338.000	996952.000	122.946	114493.281	114523.430
77	47	124Ag	-66574.000	1030647.000	123.929	115414.664	115438.680
76	48	124Cd	-76710.102	1040001.188	123.918	115404.016	115428.547
75	49	124In	-80876.102	1043384.812	123.913	115399.344	115424.383
74	50	124Sn	-88236.102	1049962.500	123.905	115391.477	115417.023
73	51	124Sb	-87618.617	1048562.625	123.906	115391.578	115417.641

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
72	52	124Te	-90523.070	1050684.750	123.903	115388.164	115414.734
71	53	124I	-87363.484	1046742.812	123.906	115390.805	115417.891
70	54	124Xe	-87657.508	1046254.438	123.906	115390.008	115417.602
69	55	124Cs	-81742.562	1039557.125	123.912	115395.414	115423.516
68	56	124Ba	-79094.602	1036126.812	123.915	115397.547	115426.164
67	57	124La	-70300.000	1026550.000	123.925	115405.836	115434.961
66	58	124Ce	-64720.000	1020188.000	123.931	115410.898	115440.539
65	59	124Pr	-53132.000	1007818.000	123.943	115421.977	115452.125
78	47	125Ag	-64702.000	1036846.000	124.931	116348.039	116372.055
77	48	125Cd	-73357.773	1044720.188	124.921	116338.867	116363.398
76	49	125In	-80479.773	1051059.750	124.914	116331.227	116356.266
75	50	125Sn	-85897.773	1055695.500	124.908	116325.305	116350.852
74	51	125Sb	-88261.086	1057276.375	124.905	116322.430	116348.492
73	52	125Te	-89027.789	1057260.750	124.904	116321.156	116347.727
72	53	125I	-88842.016	1056292.625	124.905	116320.828	116347.914
71	54	125Xe	-87189.469	1053857.750	124.906	116321.977	116349.570
70	55	125Cs	-84090.727	1049976.625	124.910	116324.562	116352.664
69	56	125Ba	-79530.727	1044634.312	124.915	116328.609	116357.227
68	57	125La	-73895.000	1038217.000	124.921	116333.734	116362.859
67	58	125Ce	-66565.000	1030103.000	124.929	116340.547	116370.188
66	59	125Pr	-57911.000	1020667.000	124.938	116348.695	116378.844
79	47	126Ag	-61013.000	1041229.000	125.934	117283.211	117307.227
78	48	126Cd	-72326.773	1051760.500	125.922	117271.391	117295.922
77	49	126In	-77812.773	1056464.125	125.916	117265.398	117290.438
76	50	126Sn	-86019.773	1063888.750	125.908	117256.680	117282.227
75	51	126Sb	-86397.773	1063484.375	125.907	117255.789	117281.852
74	52	126Te	-90070.297	1066374.625	125.903	117251.602	117278.172
73	53	126I	-87914.961	1063436.875	125.906	117253.242	117280.328
72	54	126Xe	-89172.961	1063912.500	125.904	117251.484	117279.078

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
71	55	126Cs	-84348.680	1058305.875	125.909	117255.797	117283.898
70	56	126Ba	-82675.531	1055850.375	125.911	117256.953	117285.570
69	57	126La	-75106.000	1047499.000	125.919	117264.008	117293.133
68	58	126Ce	-70700.000	1042311.000	125.924	117267.898	117297.539
67	59	126Pr	-60258.000	1031086.000	125.935	117277.844	117307.992
66	60	126Nd	-53030.000	1023075.000	125.943	117284.562	117315.219
80	47	127Ag	-58796.000	1047083.000	126.937	118216.930	118240.945
79	48	127Cd	-68525.516	1056030.500	126.926	118206.680	118231.211
78	49	127In	-76993.516	1063716.250	126.917	118197.703	118222.742
77	50	127Sn	-83507.516	1069447.875	126.910	118190.688	118216.234
76	51	127Sb	-86708.516	1071866.500	126.907	118186.969	118213.031
75	52	127Te	-88289.516	1072665.125	126.905	118184.875	118211.445
74	53	127I	-88987.078	1072580.375	126.904	118183.672	118210.758
73	54	127Xe	-88324.641	1071135.500	126.905	118183.820	118211.414
72	55	127Cs	-86239.938	1068268.500	126.907	118185.398	118213.500
71	56	127Ba	-82789.938	1064036.125	126.911	118188.328	118216.945
70	57	127La	-78096.000	1058560.000	126.916	118192.516	118221.641
69	58	127Ce	-71958.000	1051639.000	126.923	118198.141	118227.781
68	59	127Pr	-64431.000	1043331.000	126.931	118205.164	118235.312
67	60	127Nd	-55424.000	1033541.000	126.940	118213.656	118244.312
80	48	128Cd	-67290.539	1062866.875	127.928	119139.406	119163.938
79	49	128In	-74360.539	1069154.500	127.920	119131.828	119156.867
78	50	128Sn	-83336.141	1077347.750	127.911	119122.352	119147.898
77	51	128Sb	-84610.078	1077839.375	127.909	119120.562	119146.625
76	52	128Te	-88993.633	1081440.625	127.904	119115.672	119142.242
75	53	128I	-87741.828	1079406.375	127.906	119116.406	119143.492
74	54	128Xe	-89860.805	1080743.000	127.904	119113.773	119141.367
73	55	128Cs	-85932.250	1076032.125	127.908	119117.195	119145.297
72	56	128Ba	-85409.727	1074727.250	127.908	119117.211	119145.828

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
71	57	128La	-78759.727	1067294.875	127.915	119123.352	119152.477
70	58	128Ce	-75572.000	1063325.000	127.919	119126.023	119155.664
69	59	128Pr	-66322.000	1053293.000	127.929	119134.766	119164.914
68	60	128Nd	-60184.000	1046372.000	127.935	119140.398	119171.055
67	61	128Pm	-48195.000	1033601.000	127.948	119151.867	119183.039
81	48	129Cd	-63099.000	1066747.000	128.932	120075.086	120099.617
80	49	129In	-72975.133	1075840.500	128.922	120064.719	120089.758
79	50	129Sn	-80630.133	1082713.125	128.913	120056.547	120082.094
78	51	129Sb	-84626.133	1085926.750	128.909	120052.039	120078.102
77	52	129Te	-87005.633	1087523.875	128.907	120049.141	120075.711
76	53	129I	-88503.570	1088239.500	128.905	120047.133	120074.219
75	54	129Xe	-88697.352	1087650.875	128.905	120046.430	120074.023
74	55	129Cs	-87501.398	1085672.625	128.906	120047.125	120075.227
73	56	129Ba	-85069.844	1082458.750	128.909	120049.047	120077.664
72	57	129La	-81349.844	1077956.375	128.913	120052.242	120081.367
71	58	129Ce	-76300.000	1072124.000	128.918	120056.789	120086.430
70	59	129Pr	-69992.000	1065034.000	128.925	120062.594	120092.742
69	60	129Nd	-62173.000	1056433.000	128.933	120069.906	120100.562
68	61	129Pm	-52946.000	1046423.000	128.943	120078.609	120109.781
82	48	130Cd	-61497.000	1073216.000	129.934	121008.203	121032.734
81	49	130In	-69997.164	1080933.750	129.925	120999.180	121024.219
80	50	130Sn	-80246.164	1090400.500	129.914	120988.430	121013.977
79	51	130Sb	-82393.930	1091765.875	129.912	120985.766	121011.828
78	52	130Te	-87352.930	1095942.500	129.906	120980.297	121006.867
77	53	130I	-86932.578	1094739.875	129.907	120980.203	121007.289
76	54	130Xe	-89881.797	1096906.625	129.904	120976.742	121004.336
75	55	130Cs	-86902.633	1093145.125	129.907	120979.219	121007.320
74	56	130Ba	-87271.211	1092731.375	129.906	120978.336	121006.953
73	57	130La	-81673.000	1086351.000	129.912	120983.430	121012.555

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
72	58	130Ce	-79462.000	1083358.000	129.915	120985.125	121014.766
71	59	130Pr	-71371.000	1074484.000	129.923	120992.695	121022.844
70	60	130Nd	-66341.000	1068672.000	129.929	120997.234	121027.891
69	61	130Pm	-55470.000	1057019.000	129.940	121007.578	121038.750
68	62	130Sm	-47851.000	1048617.000	129.949	121014.703	121046.383
82	49	131In	-68215.711	1087223.625	130.927	121932.469	121957.508
81	50	131Sn	-77389.305	1095614.875	130.917	121922.773	121948.320
80	51	131Sb	-82021.305	1099464.625	130.912	121917.625	121943.688
79	52	131Te	-85211.305	1101872.250	130.909	121913.938	121940.508
78	53	131I	-87444.758	1103323.375	130.906	121911.188	121938.273
77	54	131Xe	-88415.609	1103511.750	130.905	121909.703	121937.297
76	55	131Cs	-88063.211	1102377.125	130.905	121909.547	121937.648
75	56	131Ba	-86693.391	1100224.875	130.907	121910.398	121939.016
74	57	131La	-83733.391	1096482.500	130.910	121912.859	121941.984
73	58	131Ce	-79713.391	1091680.125	130.914	121916.367	121946.008
72	59	131Pr	-74463.391	1085647.875	130.920	121921.102	121951.250
71	60	131Nd	-67903.391	1078305.500	130.927	121927.164	121957.820
70	61	131Pm	-59802.000	1069422.000	130.936	121934.750	121965.922
69	62	131Sm	-50403.000	1059241.000	130.946	121943.633	121975.312
83	49	132In	-62485.535	1089564.875	131.933	122869.688	122894.727
82	50	132Sn	-76620.531	1102917.500	131.918	122855.039	122880.586
81	51	132Sb	-79723.531	1105238.125	131.914	122851.422	122877.484
80	52	132Te	-85209.531	1109941.750	131.909	122845.430	122872.000
79	53	132I	-85702.531	1109652.375	131.908	122844.414	122871.500
78	54	132Xe	-89279.531	1112447.000	131.904	122840.344	122867.938
77	55	132Cs	-87160.070	1109545.250	131.906	122841.953	122870.055
76	56	132Ba	-88439.609	1110042.375	131.905	122840.156	122868.773
75	57	132La	-83731.609	1104552.125	131.910	122844.352	122873.477
74	58	132Ce	-82447.000	1102485.000	131.911	122845.117	122874.758

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
73	59	132Pr	-75339.000	1094595.000	131.919	122851.719	122881.867
72	60	132Nd	-71613.000	1090087.000	131.923	122854.945	122885.602
71	61	132Pm	-61711.000	1079403.000	131.934	122864.320	122895.492
70	62	132Sm	-55126.000	1072035.000	131.941	122870.398	122902.078
69	63	132Eu	-42700.000	1058826.000	131.954	122882.320	122914.516
84	49	133In	-57436.000	1092587.000	132.938	123806.227	123831.266
83	50	133Sn	-70966.711	1105335.000	132.924	123792.188	123817.734
82	51	133Sb	-78956.711	1112542.625	132.915	123783.688	123809.750
81	52	133Te	-82959.711	1115763.250	132.911	123779.172	123805.742
80	53	133I	-85877.711	1117898.875	132.908	123775.742	123802.828
79	54	133Xe	-87648.297	1118887.125	132.906	123773.453	123801.047
78	55	133Cs	-88075.656	1118532.125	132.905	123772.523	123800.625
77	56	133Ba	-87558.219	1117232.375	132.906	123772.531	123801.148
76	57	133La	-85328.219	1114220.000	132.908	123774.258	123803.383
75	58	133Ce	-82391.000	1110500.000	132.912	123776.672	123806.312
74	59	133Pr	-78059.000	1105386.000	132.916	123780.492	123810.641
73	60	133Nd	-72461.000	1099006.000	132.922	123785.586	123816.242
72	61	133Pm	-65465.000	1091228.000	132.930	123792.062	123823.234
71	62	133Sm	-57073.000	1082053.000	132.939	123799.945	123831.625
70	63	133Eu	-47599.000	1071797.000	132.949	123808.906	123841.102
85	49	134In	-51549.000	1094771.000	133.945	124743.609	124768.648
84	50	134Sn	-66635.742	1109075.375	133.928	124728.016	124753.562
83	51	134Sb	-74005.742	1115663.000	133.921	124720.125	124746.188
82	52	134Te	-82399.438	1123274.375	133.912	124711.234	124737.805
81	53	134I	-83949.438	1124042.000	133.910	124709.164	124736.250
80	54	134Xe	-88124.438	1127434.625	133.905	124704.484	124732.078
79	55	134Cs	-86895.875	1125423.750	133.907	124705.195	124733.297
78	56	134Ba	-88954.547	1126700.000	133.905	124702.633	124731.250
77	57	134La	-85241.367	1122204.500	133.908	124705.836	124734.961

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
76	58	134Ce	-84741.367	1120922.125	133.909	124705.820	124735.461
75	59	134Pr	-78551.000	1113950.000	133.916	124711.492	124741.641
74	60	134Nd	-75781.000	1110397.000	133.919	124713.773	124744.430
73	61	134Pm	-66611.000	1100445.000	133.928	124722.406	124753.578
72	62	134Sm	-61460.000	1094511.000	133.934	124727.062	124758.742
71	63	134Eu	-50003.000	1082272.000	133.946	124738.000	124770.195
85	50	135Sn	-60799.000	1111310.000	134.935	125665.352	125690.898
84	51	135Sb	-69705.586	1119434.125	134.925	125655.930	125681.992
83	52	135Te	-77825.586	1126771.750	134.916	125647.289	125673.859
82	53	135I	-83787.586	1131951.375	134.910	125640.820	125667.906
81	54	135Xe	-86435.648	1133817.125	134.907	125637.656	125665.250
80	55	135Cs	-87586.594	1134185.750	134.906	125636.008	125664.109
79	56	135Ba	-87855.938	1133672.750	134.906	125635.219	125663.836
78	57	135La	-86655.938	1131690.375	134.907	125635.922	125665.047
77	58	135Ce	-84630.359	1128882.500	134.909	125637.422	125667.062
76	59	135Pr	-80910.359	1124380.125	134.913	125640.625	125670.773
75	60	135Nd	-76159.000	1118846.000	134.918	125644.883	125675.539
74	61	135Pm	-70219.000	1112124.000	134.925	125650.305	125681.477
73	62	135Sm	-63016.000	1104138.000	134.932	125657.008	125688.688
72	63	135Eu	-54287.000	1094628.000	134.942	125665.219	125697.414
86	50	136Sn	-56504.000	1115087.000	135.939	126601.141	126626.688
85	51	136Sb	-64590.000	1122390.000	135.931	126592.523	126618.586
84	52	136Te	-74423.422	1131441.000	135.920	126582.180	126608.750
83	53	136I	-79498.242	1135733.375	135.915	126576.602	126603.688
82	54	136Xe	-86424.445	1141877.250	135.907	126569.164	126596.758
81	55	136Cs	-86344.133	1141014.625	135.907	126568.750	126596.852
80	56	136Ba	-88892.359	1142780.500	135.905	126565.680	126594.297
79	57	136La	-86022.359	1139128.125	135.908	126568.039	126597.164
78	58	136Ce	-86495.188	1138818.625	135.907	126567.039	126596.680

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
77	59	136Pr	-81368.844	1132909.875	135.913	126571.664	126601.812
76	60	136Nd	-79157.844	1129916.500	135.915	126573.375	126604.031
75	61	136Pm	-71307.844	1121284.250	135.923	126580.703	126611.875
74	62	136Sm	-66788.000	1115982.000	135.928	126584.719	126616.398
73	63	136Eu	-56355.000	1104767.000	135.939	126594.633	126626.828
72	64	136Gd	-49304.000	1096933.000	135.947	126601.180	126633.883
87	50	137Sn	-50496.000	1117150.000	136.946	127538.633	127564.180
86	51	137Sb	-60258.000	1126130.000	136.935	127528.367	127554.430
85	52	137Te	-69559.516	1134648.375	136.925	127518.547	127545.117
84	53	137I	-76501.117	1140807.625	136.918	127511.102	127538.188
83	54	137Xe	-82378.578	1145902.750	136.912	127504.719	127532.312
82	55	137Cs	-86551.148	1149292.875	136.907	127500.031	127528.133
81	56	137Ba	-87726.773	1149686.250	136.906	127498.336	127526.953
80	57	137La	-87126.664	1148303.750	136.906	127498.430	127527.555
79	58	137Ce	-85904.570	1146299.250	136.908	127499.133	127528.773
78	59	137Pr	-83202.570	1142815.000	136.911	127501.328	127531.477
77	60	137Nd	-79512.570	1138342.625	136.915	127504.516	127535.172
76	61	137Pm	-73856.000	1131903.000	136.921	127509.656	127540.828
75	62	137Sm	-67955.547	1125220.875	136.927	127515.031	127546.711
74	63	137Eu	-60351.000	1116834.000	136.935	127522.133	127554.328
73	64	137Gd	-51558.000	1107259.000	136.945	127530.422	127563.125
87	51	138Sb	-54995.000	1128938.000	137.941	128465.117	128491.180
86	52	138Te	-65931.000	1139091.000	137.929	128453.664	128480.234
85	53	138I	-72299.141	1144677.000	137.922	128446.781	128473.867
84	54	138Xe	-80119.141	1151714.625	137.914	128438.461	128466.055
83	55	138Cs	-82893.141	1153706.250	137.911	128435.180	128463.281
82	56	138Ba	-88267.172	1158297.875	137.905	128429.289	128457.906
81	57	138La	-86529.422	1155777.875	137.907	128430.516	128459.641
80	58	138Ce	-87573.859	1156039.875	137.906	128428.961	128458.602

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
79	59	138Pr	-83136.859	1150820.500	137.911	128432.891	128463.039
78	60	138Nd	-82037.000	1148938.000	137.912	128433.492	128464.148
77	61	138Pm	-75037.000	1141156.000	137.919	128439.953	128471.125
76	62	138Sm	-71222.000	1136559.000	137.924	128443.273	128474.953
75	63	138Eu	-61991.000	1126545.000	137.933	128451.992	128484.188
74	64	138Gd	-55918.000	1119690.000	137.940	128457.555	128490.258
73	65	138Tb	-43901.000	1106891.000	137.953	128469.047	128502.266
88	51	139Sb	-50571.000	1132585.000	138.946	129401.031	129427.094
87	52	139Te	-60799.000	1142030.000	138.935	129390.305	129416.875
86	53	139I	-68843.539	1149292.625	138.926	129381.750	129408.836
85	54	139Xe	-75649.539	1155316.375	138.919	129374.414	129402.008
84	55	139Cs	-80706.562	1159591.000	138.913	129368.859	129396.961
83	56	139Ba	-84919.281	1163021.375	138.909	129364.125	129392.742
82	57	139La	-87236.117	1164555.875	138.906	129361.312	129390.438
81	58	139Ce	-86958.117	1163495.500	138.907	129361.070	129390.711
80	59	139Pr	-84829.117	1160584.125	138.909	129362.695	129392.844
79	60	139Nd	-82042.117	1157014.750	138.912	129364.969	129395.625
78	61	139Pm	-77537.719	1151728.000	138.917	129368.945	129400.117
77	62	139Sm	-72375.211	1145783.125	138.922	129373.617	129405.297
76	63	139Eu	-65355.000	1137981.000	138.930	129380.117	129412.312
75	64	139Gd	-57678.000	1129521.000	138.938	129387.289	129419.992
74	65	139Tb	-48410.000	1119471.000	138.948	129396.039	129429.258
88	52	140Te	-57101.000	1146403.000	139.939	130325.500	130352.070
87	53	140I	-64077.000	1152598.000	139.931	130318.000	130345.086
86	54	140Xe	-72995.898	1160734.000	139.922	130308.570	130336.164
85	55	140Cs	-77055.898	1164011.625	139.917	130304.008	130332.109
84	56	140Ba	-83276.031	1169449.375	139.911	130297.266	130325.883
83	57	140La	-84325.766	1169716.750	139.909	130295.711	130324.836
82	58	140Ce	-88087.617	1172696.250	139.905	130291.438	130321.078

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
81	59	140Pr	-84699.617	1168526.000	139.909	130294.312	130324.461
80	60	140Nd	-84477.344	1167521.375	139.909	130294.039	130324.695
79	61	140Pm	-78430.250	1160691.875	139.916	130299.562	130330.734
78	62	140Sm	-75459.383	1156938.625	139.919	130302.023	130333.703
77	63	140Eu	-66989.383	1147686.375	139.928	130309.977	130342.172
76	64	140Gd	-61529.000	1141444.000	139.934	130314.930	130347.633
75	65	140Tb	-50729.000	1129862.000	139.946	130325.219	130358.438
74	66	140Dy	-43044.000	1121394.000	139.954	130332.398	130366.125
89	52	141Te	-51800.000	1149175.000	140.944	131262.266	131288.844
88	53	141I	-60705.000	1157297.000	140.935	131252.875	131279.953
87	54	141Xe	-68328.539	1164138.000	140.927	131244.719	131272.312
86	55	141Cs	-74478.539	1169505.625	140.920	131238.062	131266.172
85	56	141Ba	-79729.875	1173974.625	140.914	131232.312	131260.922
84	57	141La	-82942.992	1176405.375	140.911	131228.594	131257.719
83	58	141Ce	-85444.906	1178124.875	140.908	131225.578	131255.219
82	59	141Pr	-86025.578	1177923.250	140.908	131224.484	131254.641
81	60	141Nd	-84202.570	1175317.875	140.910	131225.797	131256.453
80	61	141Pm	-80474.891	1170807.875	140.914	131229.016	131260.188
79	62	141Sm	-75946.078	1165496.625	140.918	131233.016	131264.703
78	63	141Eu	-69968.352	1158736.625	140.925	131238.500	131270.688
77	64	141Gd	-63146.000	1151132.000	140.932	131244.797	131277.500
76	65	141Tb	-54809.000	1142013.000	140.941	131252.609	131285.828
75	66	141Dy	-45466.000	1131887.000	140.951	131261.469	131295.188
90	52	142Te	-47972.000	1153417.000	141.949	132197.609	132224.188
89	53	142I	-55722.000	1160385.000	141.940	132189.344	132216.422
88	54	142Xe	-65481.242	1169362.000	141.930	132179.078	132206.672
87	55	142Cs	-70521.242	1173619.625	141.924	132173.516	132201.625
86	56	142Ba	-77828.016	1180144.000	141.916	132165.703	132194.312
85	57	142La	-80039.086	1181572.750	141.914	132162.984	132192.109

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
84	58	142Ce	-84542.633	1185294.000	141.909	132157.953	132187.594
83	59	142Pr	-83797.312	1183766.250	141.910	132158.188	132188.344
82	60	142Nd	-85959.516	1185146.125	141.908	132155.531	132186.188
81	61	142Pm	-81085.852	1179490.125	141.913	132159.891	132191.062
80	62	142Sm	-78996.945	1176618.875	141.915	132161.484	132193.172
79	63	142Eu	-71352.398	1168192.000	141.923	132168.609	132200.797
78	64	142Gd	-66852.000	1162910.000	141.928	132172.594	132205.297
77	65	142Tb	-56952.000	1152227.000	141.939	132181.984	132215.203
76	66	142Dy	-50052.000	1144545.000	141.946	132188.391	132222.109
75	67	142Ho	-37390.000	1131100.000	141.960	132200.516	132234.750
90	53	143I	-52098.000	1164833.000	142.944	133124.453	133151.531
89	54	143Xe	-60650.000	1172602.000	142.935	133115.406	133143.000
88	55	143Cs	-67691.391	1178861.125	142.927	133107.844	133135.953
87	56	143Ba	-73944.609	1184332.000	142.921	133101.094	133129.703
86	57	143La	-78190.859	1187795.875	142.916	133096.328	133125.453
85	58	143Ce	-81616.414	1190439.125	142.912	133092.391	133122.031
84	59	143Pr	-83077.859	1191118.125	142.911	133090.406	133120.562
83	60	143Nd	-84011.781	1191269.750	142.910	133088.969	133119.625
82	61	143Pm	-82970.422	1189446.000	142.911	133089.516	133120.688
81	62	143Sm	-79527.633	1185220.875	142.915	133092.438	133124.125
80	63	143Eu	-74252.508	1179163.375	142.920	133097.203	133129.391
79	64	143Gd	-68242.508	1172371.000	142.927	133102.703	133135.406
78	65	143Tb	-60780.000	1164126.000	142.935	133109.656	133142.875
77	66	143Dy	-52322.000	1154886.000	142.944	133117.594	133151.312
76	67	143Ho	-42206.000	1143987.000	142.955	133127.203	133161.438
91	53	144I	-46938.000	1167744.000	143.950	134061.125	134088.203
90	54	144Xe	-57538.000	1177562.000	143.938	134050.000	134077.594
89	55	144Cs	-63316.086	1182557.125	143.932	134043.719	134071.828
88	56	144Ba	-71780.484	1190239.125	143.923	134034.750	134063.359

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
87	57	144La	-74899.867	1192576.250	143.920	134031.109	134060.234
86	58	144Ce	-80441.305	1197335.250	143.914	134025.062	134054.703
85	59	144Pr	-80759.961	1196871.625	143.913	134024.219	134054.375
84	60	144Nd	-83757.477	1199086.750	143.910	134020.719	134051.375
83	61	144Pm	-81425.820	1195972.750	143.913	134022.547	134053.719
82	62	144Sm	-81976.367	1195741.000	143.912	134021.484	134053.172
81	63	144Eu	-75661.414	1188643.625	143.919	134027.281	134059.469
80	64	144Gd	-71921.000	1184121.000	143.923	134030.516	134063.219
79	65	144Tb	-62848.000	1174265.000	143.933	134039.062	134072.281
78	66	144Dy	-56756.000	1167391.000	143.939	134044.672	134078.391
77	67	144Ho	-45047.000	1154900.000	143.952	134055.859	134090.094
76	68	144Er	-36710.000	1145781.000	143.961	134063.672	134098.422
91	54	145Xe	-52471.000	1180566.000	144.944	134986.562	135014.156
90	55	145Cs	-60185.473	1187497.875	144.935	134978.344	135006.453
89	56	145Ba	-68070.023	1194600.000	144.927	134969.953	134998.562
88	57	145La	-72993.375	1198741.000	144.922	134964.500	134993.625
87	58	145Ce	-77101.727	1202067.000	144.917	134959.891	134989.531
86	59	145Pr	-79636.305	1203819.250	144.915	134956.844	134987.000
85	60	145Nd	-81441.578	1204842.125	144.913	134954.547	134985.203
84	61	145Pm	-81278.539	1203896.750	144.913	134954.172	134985.344
83	62	145Sm	-80662.141	1202498.000	144.913	134954.281	134985.969
82	63	145Eu	-78002.102	1199055.625	144.916	134956.438	134988.625
81	64	145Gd	-72947.617	1193218.750	144.922	134960.969	134993.672
80	65	145Tb	-66248.000	1185736.000	144.929	134967.172	135000.391
79	66	145Dy	-58728.000	1177434.000	144.937	134974.203	135007.922
78	67	145Ho	-49481.000	1167405.000	144.947	134982.922	135017.156
77	68	145Er	-39626.000	1156768.000	144.957	134992.250	135027.000
92	54	146Xe	-49090.000	1185256.000	145.947	135921.438	135949.031
91	55	146Cs	-55738.703	1191122.375	145.940	135914.266	135942.375

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
90	56	146Ba	-65105.230	1199706.625	145.930	135904.422	135933.031
89	57	146La	-69209.859	1203028.875	145.926	135899.781	135928.906
88	58	146Ce	-75740.023	1208776.625	145.919	135892.750	135922.391
87	59	146Pr	-76766.258	1209020.500	145.918	135891.203	135921.359
86	60	146Nd	-80935.508	1212407.375	145.913	135886.531	135917.188
85	61	146Pm	-79463.727	1210153.250	145.915	135887.484	135918.656
84	62	146Sm	-81005.727	1210913.000	145.913	135885.438	135917.125
83	63	146Eu	-77127.961	1206252.875	145.917	135888.812	135921.000
82	64	146Gd	-76098.070	1204440.625	145.918	135889.328	135922.031
81	65	146Tb	-67830.797	1195391.000	145.927	135897.078	135930.297
80	66	146Dy	-62670.797	1189448.625	145.933	135901.734	135935.453
79	67	146Ho	-52071.000	1178066.000	145.944	135911.812	135946.047
78	68	146Er	-44600.000	1169813.000	145.952	135918.781	135953.531
77	69	146Tm	-31210.000	1155641.000	145.966	135931.641	135966.906
93	54	147Xe	-43771.000	1188008.000	146.953	136858.250	136885.844
92	55	147Cs	-52289.934	1195745.000	146.944	136849.234	136877.344
91	56	147Ba	-61485.562	1204158.250	146.934	136839.531	136868.141
90	57	147La	-67235.562	1209125.875	146.928	136833.266	136862.391
89	58	147Ce	-72180.562	1213288.500	146.923	136827.797	136857.438
88	59	147Pr	-75470.562	1215796.125	146.919	136823.984	136854.141
87	60	147Nd	-78156.250	1217699.500	146.916	136820.797	136851.453
86	61	147Pm	-79052.250	1217813.125	146.915	136819.391	136850.562
85	62	147Sm	-79276.391	1217254.875	146.915	136818.672	136850.359
84	63	147Eu	-77555.055	1214751.250	146.917	136819.875	136852.062
83	64	147Gd	-75367.688	1211781.500	146.919	136821.547	136854.250
82	65	147Tb	-70758.906	1206390.375	146.924	136825.641	136858.859
81	66	147Dy	-64386.258	1199235.375	146.931	136831.516	136865.234
80	67	147Ho	-56039.000	1190105.000	146.940	136839.344	136873.578
79	68	147Er	-47217.000	1180502.000	146.949	136847.656	136882.406

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
78	69	147Tm	-36253.000	1168755.000	146.961	136858.109	136893.375
93	55	148Cs	-47599.766	1199126.125	147.949	137785.406	137813.516
92	56	148Ba	-58048.484	1208792.500	147.938	137774.453	137803.062
91	57	148La	-63163.484	1213125.125	147.932	137768.828	137797.953
90	58	148Ce	-70425.836	1219605.125	147.924	137761.047	137790.688
89	59	148Pr	-72485.836	1220882.750	147.922	137758.469	137788.625
88	60	148Nd	-77417.836	1225032.375	147.917	137753.047	137783.703
87	61	148Pm	-76878.250	1223710.500	147.917	137753.062	137784.234
86	62	148Sm	-79346.594	1225396.500	147.915	137750.078	137781.766
85	63	148Eu	-76239.258	1221506.750	147.918	137752.703	137784.891
84	64	148Gd	-76280.242	1220765.375	147.918	137752.125	137784.828
83	65	148Tb	-70515.359	1214218.125	147.924	137757.391	137790.609
82	66	148Dy	-67833.359	1210753.750	147.927	137759.562	137793.281
81	67	148Ho	-58433.000	1200571.000	147.937	137768.453	137802.688
80	68	148Er	-51754.000	1193110.000	147.944	137774.609	137809.359
79	69	148Tm	-39542.000	1180115.000	147.958	137786.312	137821.578
78	70	148Yb	-30963.000	1170754.000	147.967	137794.375	137830.141
94	55	149Cs	-44041.000	1203639.000	148.953	138720.453	138748.562
93	56	149Ba	-53598.000	1212413.000	148.942	138710.406	138739.016
92	57	149La	-61134.000	1219167.000	148.934	138702.359	138731.484
91	58	149Ce	-66798.164	1224048.750	148.928	138696.172	138725.812
90	59	149Pr	-70988.164	1227456.375	148.924	138691.469	138721.625
89	60	149Nd	-74385.195	1230071.125	148.920	138687.578	138718.234
88	61	149Pm	-76075.852	1230979.375	148.918	138685.359	138716.531
87	62	149Sm	-77146.766	1231268.000	148.917	138683.781	138715.469
86	63	149Eu	-76451.500	1229790.375	148.918	138683.969	138716.156
85	64	149Gd	-75137.625	1227694.125	148.919	138684.766	138717.469
84	65	149Tb	-71499.953	1223274.125	148.923	138687.891	138721.109
83	66	149Dy	-67687.953	1218679.750	148.927	138691.188	138724.906

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
82	67	149Ho	-61674.262	1211883.625	148.934	138696.703	138730.938
81	68	149Er	-53864.000	1203291.000	148.942	138703.984	138738.734
80	69	149Tm	-44106.000	1192751.000	148.953	138713.234	138748.500
79	70	149Yb	-34018.000	1181881.000	148.963	138722.828	138758.594
95	55	150Cs	-39151.000	1206820.000	149.958	139656.828	139684.938
94	56	150Ba	-50655.000	1217541.000	149.946	139644.844	139673.453
93	57	150La	-57222.000	1223326.000	149.939	139637.766	139666.891
92	58	150Ce	-64993.680	1230315.625	149.930	139629.469	139659.109
91	59	150Pr	-68003.680	1232543.250	149.927	139625.938	139656.094
90	60	150Nd	-73693.680	1237450.875	149.921	139619.750	139650.406
89	61	150Pm	-73607.133	1236582.000	149.921	139619.312	139650.484
88	62	150Sm	-77061.133	1239253.625	149.917	139615.344	139647.031
87	63	150Eu	-74800.547	1236210.750	149.920	139617.109	139649.297
86	64	150Gd	-75771.945	1236399.750	149.919	139615.625	139648.328
85	65	150Tb	-71115.688	1230961.125	149.924	139619.766	139652.984
84	66	150Dy	-69322.023	1228385.125	149.926	139621.062	139654.781
83	67	150Ho	-62082.000	1220363.000	149.933	139627.781	139662.016
82	68	150Er	-57974.000	1215472.000	149.938	139631.375	139666.125
81	69	150Tm	-46882.000	1203598.000	149.950	139641.953	139677.219
80	70	150Yb	-39132.000	1195066.000	149.958	139649.188	139684.953
79	71	150Lu	-25460.000	1180611.000	149.973	139662.359	139698.641
96	55	151Cs	-35397.000	1211137.000	150.962	140592.094	140620.203
95	56	151Ba	-45923.000	1220881.000	150.951	140581.062	140609.672
94	57	151La	-54437.000	1228612.000	150.942	140572.047	140601.172
93	58	151Ce	-61441.000	1234835.000	150.934	140564.531	140594.172
92	59	151Pr	-66855.297	1239466.250	150.928	140558.578	140588.734
91	60	151Nd	-70956.789	1242785.375	150.924	140553.984	140584.641
90	61	151Pm	-73399.203	1244445.375	150.921	140551.031	140582.203
89	62	151Sm	-74586.250	1244850.125	150.920	140549.328	140581.016

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
88	63	151Eu	-74662.938	1244144.375	150.920	140548.750	140580.938
87	64	151Gd	-74198.820	1242898.000	150.920	140548.703	140581.406
86	65	151Tb	-71633.586	1239550.375	150.923	140550.750	140583.969
85	66	151Dy	-68763.219	1235897.625	150.926	140553.109	140586.828
84	67	151Ho	-63638.922	1229991.000	150.932	140557.734	140591.969
83	68	151Er	-58256.000	1223825.000	150.937	140562.578	140597.328
82	69	151Tm	-50828.000	1215616.000	150.945	140569.500	140604.766
81	70	151Yb	-41685.000	1205690.000	150.955	140578.141	140613.906
80	71	151Lu	-30602.000	1193825.000	150.967	140588.719	140625.000
96	56	152Ba	-42700.000	1225729.000	151.954	141515.781	141544.391
95	57	152La	-50198.000	1232445.000	151.946	141507.766	141536.891
94	58	152Ce	-59262.000	1240726.000	151.936	141498.188	141527.828
93	59	152Pr	-63714.000	1244396.000	151.932	141493.219	141523.375
92	60	152Nd	-70157.859	1250057.750	151.925	141486.281	141516.938
91	61	152Pm	-71268.078	1250385.625	151.923	141484.656	141515.828
90	62	152Sm	-74772.648	1253107.750	151.920	141480.625	141512.312
89	63	152Eu	-72898.336	1250451.125	151.922	141482.000	141514.188
88	64	152Gd	-74717.094	1251487.500	151.920	141479.672	141512.375
87	65	152Tb	-70727.094	1246715.250	151.924	141483.125	141516.344
86	66	152Dy	-70128.562	1245334.250	151.925	141483.250	141516.969
85	67	152Ho	-63583.215	1238006.625	151.932	141489.281	141523.516
84	68	152Er	-60474.023	1234115.000	151.935	141491.859	141526.609
83	69	152Tm	-51884.000	1224743.000	151.944	141499.953	141535.219
82	70	152Yb	-46419.000	1218496.000	151.950	141504.906	141540.672
81	71	152Lu	-33897.000	1205191.000	151.964	141516.922	141553.203
97	56	153Ba	-37623.000	1228724.000	152.960	142452.359	142480.969
96	57	153La	-47087.000	1237405.000	152.949	142442.391	142471.516
95	58	153Ce	-55349.000	1244885.000	152.941	142433.594	142463.234
94	59	153Pr	-61805.000	1250558.000	152.934	142426.625	142456.781

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
93	60	153Nd	-67352.102	1255323.250	152.928	142420.578	142451.234
92	61	153Pm	-70688.102	1257876.875	152.924	142416.734	142447.906
91	62	153Sm	-72569.047	1258975.500	152.922	142414.328	142446.016
90	63	153Eu	-73377.297	1259001.375	152.921	142413.031	142445.219
89	64	153Gd	-72892.859	1257734.625	152.922	142412.984	142445.688
88	65	153Tb	-71323.688	1255383.125	152.923	142414.047	142447.266
87	66	153Dy	-69153.297	1252430.375	152.926	142415.719	142449.438
86	67	153Ho	-65023.391	1247518.125	152.930	142419.328	142453.562
85	68	153Er	-60460.355	1242172.750	152.935	142423.375	142458.125
84	69	153Tm	-54000.906	1234930.875	152.942	142429.328	142464.594
83	70	153Yb	-47311.000	1227458.000	152.949	142435.516	142471.281
82	71	153Lu	-38480.000	1217845.000	152.959	142443.828	142480.109
97	57	154La	-42476.000	1240866.000	153.954	143378.484	143407.609
96	58	154Ce	-52797.000	1250404.000	153.943	143367.656	143397.297
95	59	154Pr	-58321.000	1255146.000	153.937	143361.609	143391.766
94	60	154Nd	-65685.875	1261728.375	153.929	143353.734	143384.391
93	61	154Pm	-68421.000	1263681.125	153.927	143350.484	143381.656
92	62	154Sm	-72465.281	1266943.125	153.922	143345.938	143377.625
91	63	154Eu	-71747.953	1265443.375	153.923	143346.141	143378.328
90	64	154Gd	-73716.305	1266629.375	153.921	143343.672	143376.375
89	65	154Tb	-70154.305	1262285.000	153.925	143346.703	143379.922
88	66	154Dy	-70400.398	1261748.750	153.924	143345.953	143379.672
87	67	154Ho	-64649.152	1255215.125	153.931	143351.188	143385.422
86	68	154Er	-62617.539	1252401.250	153.933	143352.719	143387.469
85	69	154Tm	-54564.000	1243565.000	153.941	143360.250	143395.516
84	70	154Yb	-50075.000	1238294.000	153.946	143364.234	143400.000
83	71	154Lu	-39961.000	1227398.000	153.957	143373.844	143410.125
82	72	154Hf	-33301.000	1219955.000	153.964	143379.984	143416.781
98	57	155La	-39002.000	1245463.000	154.958	144313.453	144342.578

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
97	58	155Ce	-48400.000	1254079.000	154.948	144303.516	144333.156
96	59	155Pr	-55899.000	1260795.000	154.940	144295.516	144325.672
95	60	155Nd	-62755.160	1266869.000	154.933	144288.156	144318.812
94	61	155Pm	-66977.156	1270308.625	154.928	144283.422	144314.594
93	62	155Sm	-70201.156	1272750.250	154.925	144279.688	144311.375
92	63	155Eu	-71828.023	1273594.750	154.923	144277.562	144309.750
91	64	155Gd	-72080.109	1273064.500	154.923	144276.797	144309.500
90	65	155Tb	-71258.898	1271461.000	154.924	144277.109	144310.328
89	66	155Dy	-69164.398	1268584.125	154.926	144278.688	144312.406
88	67	155Ho	-66062.398	1264699.750	154.929	144281.281	144315.516
87	68	155Er	-62219.809	1260074.875	154.933	144284.594	144319.344
86	69	155Tm	-56642.688	1253715.375	154.939	144289.656	144324.922
85	70	155Yb	-50494.000	1246784.000	154.946	144295.312	144331.078
84	71	155Lu	-42632.000	1238140.000	154.954	144302.672	144338.953
83	72	155Hf	-34689.000	1229414.000	154.963	144310.078	144346.875
98	58	156Ce	-45401.000	1259151.000	155.951	145238.031	145267.672
97	59	156Pr	-52052.000	1265019.000	155.944	145230.859	145261.016
96	60	156Nd	-60361.000	1272546.000	155.935	145222.047	145252.703
95	61	156Pm	-64216.855	1275619.625	155.931	145217.672	145248.844
94	62	156Sm	-69371.852	1279992.250	155.926	145212.000	145243.688
93	63	156Eu	-70094.117	1279932.250	155.925	145210.797	145242.984
92	64	156Gd	-72545.156	1281600.875	155.922	145207.812	145240.516
91	65	156Tb	-70100.734	1278374.125	155.925	145209.734	145242.953
90	66	156Dy	-70534.320	1278025.375	155.924	145208.812	145242.531
89	67	156Ho	-65474.000	1272183.000	155.930	145213.359	145247.594
88	68	156Er	-64259.102	1270185.375	155.931	145214.062	145248.812
87	69	156Tm	-56814.703	1261958.625	155.939	145220.984	145256.250
86	70	156Yb	-53237.566	1257599.125	155.943	145224.062	145259.828
85	71	156Lu	-43866.000	1247446.000	155.953	145232.922	145269.203

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
84	72	156Hf	-37961.000	1240758.000	155.959	145238.312	145275.109
83	73	156Ta	-26371.000	1228386.000	155.972	145249.406	145286.703
99	58	157Ce	-40669.000	1262490.000	156.956	146174.234	146203.875
98	59	157Pr	-49211.000	1270250.000	156.947	146165.203	146195.359
97	60	157Nd	-56570.000	1276826.000	156.939	146157.328	146187.984
96	61	157Pm	-62224.000	1281698.000	156.933	146151.156	146182.328
95	62	157Sm	-66737.336	1285429.125	156.928	146146.125	146177.812
94	63	157Eu	-69471.336	1287380.750	156.925	146142.906	146175.094
93	64	157Gd	-70833.883	1287961.000	156.924	146141.016	146173.719
92	65	157Tb	-70773.828	1287118.500	156.924	146140.562	146173.781
91	66	157Dy	-69432.383	1284994.750	156.925	146141.406	146175.125
90	67	157Ho	-66892.383	1281672.375	156.928	146143.438	146177.672
89	68	157Er	-63392.332	1277390.000	156.932	146146.422	146181.172
88	69	157Tm	-58911.332	1272126.625	156.937	146150.375	146185.641
87	70	157Yb	-53413.113	1265846.000	156.943	146155.375	146191.141
86	71	157Lu	-46480.113	1258130.750	156.950	146161.781	146198.062
85	72	157Hf	-39004.000	1249873.000	156.958	146168.766	146205.562
84	73	157Ta	-29673.000	1239759.000	156.968	146177.594	146214.891
99	59	158Pr	-44917.000	1274027.000	157.952	147100.984	147131.141
98	60	158Nd	-54148.000	1282476.000	157.942	147091.266	147121.922
97	61	158Pm	-58973.000	1286518.000	157.937	147085.906	147117.078
96	62	158Sm	-65215.805	1291978.875	157.930	147079.141	147110.828
95	63	158Eu	-67214.805	1293195.500	157.928	147076.656	147108.844
94	64	158Gd	-70699.891	1295898.250	157.924	147072.656	147105.359
93	65	158Tb	-69479.883	1293895.875	157.925	147073.359	147106.578
92	66	158Dy	-70416.617	1294050.250	157.924	147071.906	147105.625
91	67	158Ho	-66186.617	1289038.000	157.929	147075.625	147109.859
90	68	158Er	-65287.000	1287356.000	157.930	147076.016	147110.766
89	69	158Tm	-58687.000	1279974.000	157.937	147082.109	147117.375

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
88	70	158Yb	-56022.000	1276526.250	157.940	147084.266	147120.031
87	71	158Lu	-47349.000	1267070.000	157.949	147092.422	147128.703
86	72	158Hf	-42246.000	1261186.000	157.955	147097.000	147133.797
85	73	158Ta	-31328.000	1249485.000	157.966	147107.438	147144.734
84	74	158W	-24276.000	1241651.000	157.974	147113.969	147151.781
100	59	159Pr	-41703.000	1278884.000	158.955	148035.688	148065.844
99	60	159Nd	-49937.000	1286337.000	158.946	148026.953	148057.609
98	61	159Pm	-56700.000	1292317.000	158.939	148019.672	148050.844
97	62	159Sm	-62224.000	1297058.000	158.933	148013.641	148045.328
96	63	159Eu	-66057.352	1300109.375	158.929	148009.312	148041.500
95	64	159Gd	-68571.852	1301841.500	158.926	148006.281	148038.984
94	65	159Tb	-69542.414	1302029.750	158.925	148004.781	148038.000
93	66	159Dy	-69176.773	1300881.750	158.926	148004.656	148038.375
92	67	159Ho	-67339.055	1298261.750	158.928	148005.984	148040.219
91	68	159Er	-64570.484	1294710.750	158.931	148008.234	148042.984
90	69	159Tm	-60725.047	1290083.000	158.935	148011.562	148046.828
89	70	159Yb	-55746.430	1284322.000	158.940	148016.031	148051.797
88	71	159Lu	-49727.695	1277520.875	158.947	148021.531	148057.812
87	72	159Hf	-42846.000	1269857.000	158.954	148027.906	148064.703
86	73	159Ta	-34545.000	1260774.000	158.963	148035.703	148073.000
85	74	159W	-25821.000	1251267.000	158.972	148043.922	148081.734
100	60	160Nd	-47143.000	1291613.000	159.949	148961.234	148991.891
99	61	160Pm	-53104.000	1296793.000	159.943	148954.766	148985.938
98	62	160Sm	-60417.000	1303322.000	159.935	148946.938	148978.625
97	63	160Eu	-63372.000	1305495.000	159.932	148943.484	148975.672
96	64	160Gd	-67951.906	1309292.875	159.927	148938.406	148971.109
95	65	160Tb	-67846.266	1308405.000	159.927	148937.984	148971.203
94	66	160Dy	-69681.594	1309457.875	159.925	148935.656	148969.375
93	67	160Ho	-66391.594	1305385.625	159.929	148938.422	148972.656

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
92	68	160Er	-66062.547	1304274.125	159.929	148938.234	148972.984
91	69	160Tm	-60462.547	1297891.750	159.935	148943.312	148978.578
90	70	160Yb	-58163.000	1294809.000	159.938	148945.109	148980.875
89	71	160Lu	-50283.000	1286147.000	159.946	148952.469	148988.750
88	72	160Hf	-45909.988	1280992.250	159.951	148956.344	148993.141
87	73	160Ta	-35995.000	1270295.000	159.961	148965.750	149003.047
86	74	160W	-29464.000	1262982.000	159.968	148971.766	149009.578
85	75	160Re	-17247.000	1249982.000	159.981	148983.469	149021.797
101	60	161Nd	-42541.000	1295083.000	160.954	149897.344	149928.000
100	61	161Pm	-50431.000	1302190.000	160.946	149888.938	149920.109
99	62	161Sm	-56979.000	1307957.000	160.939	149881.875	149913.562
98	63	161Eu	-61777.000	1311971.000	160.934	149876.578	149908.766
97	64	161Gd	-65515.980	1314928.375	160.930	149872.312	149905.016
96	65	161Tb	-67471.555	1316101.500	160.928	149869.844	149903.062
95	66	161Dy	-68064.633	1315912.250	160.927	149868.750	149902.469
94	67	161Ho	-67205.734	1314271.000	160.928	149869.094	149903.328
93	68	161Er	-65203.316	1311486.250	160.930	149870.578	149905.328
92	69	161Tm	-62039.316	1307539.875	160.933	149873.234	149908.500
91	70	161Yb	-57889.000	1302608.000	160.938	149876.875	149912.641
90	71	161Lu	-52589.000	1296525.000	160.944	149881.672	149917.953
89	72	161Hf	-46266.508	1289420.000	160.950	149887.469	149924.266
88	73	161Ta	-38775.301	1281146.500	160.958	149894.469	149931.766
87	74	161W	-30656.000	1272245.000	160.967	149902.062	149939.875
86	75	161Re	-20809.000	1261615.000	160.978	149911.406	149949.734
101	61	162Pm	-46305.000	1306135.000	161.950	150824.547	150855.719
100	62	162Sm	-54753.000	1313802.000	161.941	150815.594	150847.281
99	63	162Eu	-58647.000	1316913.000	161.937	150811.203	150843.391
98	64	162Gd	-64290.578	1321774.250	161.931	150805.031	150837.734
97	65	162Tb	-65684.477	1322385.750	161.929	150803.125	150836.344

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
96	66	162Dy	-68190.258	1324109.250	161.927	150800.125	150833.844
95	67	162Ho	-66049.977	1321186.625	161.929	150801.750	150835.984
94	68	162Er	-66345.719	1320700.000	161.929	150800.938	150835.688
93	69	162Tm	-61506.402	1315078.250	161.934	150805.266	150840.531
92	70	162Yb	-59848.000	1312638.000	161.936	150806.406	150842.172
91	71	162Lu	-52888.000	1304896.000	161.943	150812.859	150849.141
90	72	162Hf	-49180.102	1300405.000	161.947	150816.062	150852.859
89	73	162Ta	-39917.000	1290359.000	161.957	150824.828	150862.125
88	74	162W	-34147.000	1283807.000	161.963	150830.078	150867.891
87	75	162Re	-22629.000	1271506.000	161.976	150841.078	150879.406
86	76	162Os	-15072.000	1263168.000	161.984	150848.125	150886.969
102	61	163Pm	-43296.000	1311198.000	162.954	151759.062	151790.234
101	62	163Sm	-50897.000	1318017.000	162.945	151750.938	151782.625
100	63	163Eu	-56626.000	1322963.000	162.939	151744.719	151776.906
99	64	163Gd	-61488.000	1327043.000	162.934	151739.328	151772.031
98	65	163Tb	-64604.742	1329377.375	162.931	151735.688	151768.906
97	66	163Dy	-66389.867	1330380.125	162.929	151733.422	151767.141
96	67	163Ho	-66387.305	1329595.250	162.929	151732.906	151767.141
95	68	163Er	-65177.305	1327602.875	162.930	151733.609	151768.359
94	69	163Tm	-62738.305	1324381.500	162.933	151735.500	151770.766
93	70	163Yb	-59368.305	1320229.125	162.936	151738.406	151774.172
92	71	163Lu	-54768.305	1314846.875	162.941	151742.469	151778.750
91	72	163Hf	-49316.000	1308612.000	162.947	151747.406	151784.203
90	73	163Ta	-42553.762	1301067.625	162.954	151753.672	151790.969
89	74	163W	-34901.000	1292633.000	162.963	151760.797	151798.609
88	75	163Re	-26112.000	1283062.000	162.972	151769.094	151807.422
87	76	163Os	-16722.000	1272889.000	162.982	151777.953	151816.797
102	62	164Sm	-48177.000	1323368.000	163.948	152685.156	152716.844
101	63	164Eu	-53104.000	1327513.000	163.943	152679.734	152711.922

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
100	64	164Gd	-59746.000	1333372.000	163.936	152672.562	152705.266
99	65	164Tb	-62086.625	1334930.625	163.933	152669.719	152702.938
98	66	164Dy	-65976.625	1338038.250	163.929	152665.328	152699.047
97	67	164Ho	-64989.789	1336269.000	163.930	152665.781	152700.016
96	68	164Er	-65952.562	1336449.500	163.929	152664.312	152699.062
95	69	164Tm	-61990.012	1331704.625	163.933	152667.766	152703.031
94	70	164Yb	-60994.000	1329926.000	163.935	152668.266	152704.031
93	71	164Lu	-54758.000	1322907.000	163.941	152673.984	152710.266
92	72	164Hf	-51770.000	1319138.000	163.944	152676.438	152713.234
91	73	164Ta	-43249.000	1309834.000	163.954	152684.469	152721.766
90	74	164W	-38206.328	1304009.125	163.959	152688.984	152726.797
89	75	164Re	-27647.000	1292668.000	163.970	152699.047	152737.375
88	76	164Os	-20561.000	1284799.000	163.978	152705.609	152744.453
103	62	165Sm	-43799.000	1327061.000	164.953	153621.016	153652.703
102	63	165Eu	-50561.000	1333041.000	164.946	153613.766	153645.953
101	64	165Gd	-56467.000	1338165.000	164.939	153607.344	153640.047
100	65	165Tb	-60659.000	1341574.000	164.935	153602.625	153635.844
99	66	165Dy	-63621.191	1343754.125	164.932	153599.172	153632.891
98	67	165Ho	-64907.266	1344257.875	164.930	153597.359	153631.594
97	68	165Er	-64531.285	1343099.500	164.931	153597.234	153631.984
96	69	165Tm	-62938.746	1340724.625	164.932	153598.312	153633.578
95	70	165Yb	-60176.746	1337180.250	164.935	153600.562	153636.328
94	71	165Lu	-56256.746	1332477.875	164.940	153603.969	153640.250
93	72	165Hf	-51661.000	1327100.000	164.945	153608.062	153644.859
92	73	165Ta	-45813.000	1320470.000	164.951	153613.406	153650.703
91	74	165W	-38809.797	1312683.875	164.958	153619.891	153657.703
90	75	165Re	-30692.473	1303784.250	164.967	153627.500	153665.828
89	76	165Os	-21914.000	1294223.000	164.976	153635.766	153674.609
88	77	165Ir	-11569.000	1283096.000	164.988	153645.594	153684.938

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
103	63	166Eu	-46603.000	1337154.000	165.950	154549.219	154581.406
102	64	166Gd	-54399.000	1344168.000	165.942	154540.906	154573.609
101	65	166Tb	-57706.000	1346693.000	165.938	154537.078	154570.297
100	66	166Dy	-62593.367	1350797.625	165.933	154531.688	154565.406
99	67	166Ho	-63079.586	1350501.500	165.932	154530.688	154564.922
98	68	166Er	-64934.465	1351574.000	165.930	154528.312	154563.062
97	69	166Tm	-61894.848	1347752.000	165.934	154530.844	154566.109
96	70	166Yb	-61590.727	1346665.625	165.934	154530.641	154566.406
95	71	166Lu	-56110.727	1340403.250	165.940	154535.609	154571.891
94	72	166Hf	-53794.000	1337304.000	165.942	154537.422	154574.219
93	73	166Ta	-46137.000	1328865.000	165.950	154544.578	154581.875
92	74	166W	-41898.691	1323844.125	165.955	154548.297	154586.109
91	75	166Re	-31855.000	1313018.000	165.966	154557.828	154596.156
90	76	166Os	-25592.000	1305972.000	165.973	154563.578	154602.422
89	77	166Ir	-13501.000	1293099.000	165.986	154575.156	154614.500
104	63	167Eu	-43734.000	1342356.000	166.953	155483.578	155515.766
103	64	167Gd	-50701.000	1348542.000	166.946	155476.094	155508.797
102	65	167Tb	-55843.000	1352901.000	166.940	155470.438	155503.656
101	66	167Dy	-59942.539	1356218.125	166.936	155465.844	155499.562
100	67	167Ho	-62292.539	1357785.750	166.933	155462.969	155497.203
99	68	167Er	-63299.246	1358010.125	166.932	155461.453	155496.203
98	69	167Tm	-62550.891	1356479.375	166.933	155461.688	155496.953
97	70	167Yb	-60596.598	1353742.750	166.935	155463.125	155498.891
96	71	167Lu	-57466.598	1349830.375	166.938	155465.750	155502.031
95	72	167Hf	-53468.000	1345049.000	166.943	155469.234	155506.031
94	73	167Ta	-48463.000	1339262.000	166.948	155473.734	155511.031
93	74	167W	-42223.000	1332240.000	166.955	155479.453	155517.266
92	75	167Re	-34872.000	1324106.000	166.963	155486.297	155524.625
91	76	167Os	-26497.000	1314949.000	166.972	155494.156	155533.000

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
90	77	167Ir	-17193.000	1304862.000	166.982	155502.953	155542.297
104	64	168Gd	-48102.000	1354014.000	167.948	156410.172	156442.875
103	65	168Tb	-52499.000	1357628.000	167.944	156405.281	156438.500
102	66	168Dy	-58470.000	1362817.000	167.937	156398.797	156432.516
101	67	168Ho	-60084.684	1363649.250	167.936	156396.688	156430.922
100	68	168Er	-62998.996	1365781.250	167.932	156393.250	156428.000
99	69	168Tm	-61319.891	1363319.750	167.934	156394.406	156429.672
98	70	168Yb	-61576.898	1362794.375	167.934	156393.641	156429.406
97	71	168Lu	-57101.898	1357537.000	167.939	156397.625	156433.906
96	72	168Hf	-55303.000	1354956.000	167.941	156398.891	156435.688
95	73	168Ta	-48636.000	1347507.000	167.948	156405.062	156442.359
94	74	168W	-44839.000	1342927.000	167.952	156408.344	156446.156
93	75	168Re	-35761.000	1333067.000	167.962	156416.906	156455.234
92	76	168Os	-29963.445	1326486.875	167.968	156422.188	156461.031
91	77	168Ir	-18662.000	1314403.000	167.980	156432.984	156472.328
90	78	168Pt	-11146.000	1306104.000	167.988	156440.000	156479.859
105	64	169Gd	-43901.000	1357884.000	168.953	157345.875	157378.578
104	65	169Tb	-50096.000	1363296.000	168.946	157339.188	157372.406
103	66	169Dy	-55606.785	1368025.000	168.940	157333.172	157366.891
102	67	169Ho	-58806.785	1370442.625	168.937	157329.438	157363.672
101	68	169Er	-60930.801	1371784.375	168.935	157326.812	157361.562
100	69	169Tm	-61281.941	1371353.125	168.934	157325.938	157361.203
99	70	169Yb	-60372.801	1369661.625	168.935	157326.344	157362.109
98	71	169Lu	-58079.801	1366586.250	168.938	157328.125	157364.406
97	72	169Hf	-54810.434	1362534.500	168.941	157330.875	157367.672
96	73	169Ta	-50375.000	1357317.000	168.946	157334.812	157372.109
95	74	169W	-44936.000	1351096.000	168.952	157339.750	157377.562
94	75	169Re	-38350.000	1343727.000	168.959	157345.812	157384.141
93	76	169Os	-30668.312	1335263.000	168.967	157352.969	157391.812

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
92	77	169Ir	-21991.762	1325804.125	168.976	157361.141	157400.484
91	78	169Pt	-12649.000	1315679.000	168.986	157369.984	157409.844
105	65	170Tb	-46342.000	1367614.000	169.950	158274.422	158307.641
104	66	170Dy	-53403.000	1373892.000	169.943	158266.859	158300.578
103	67	170Ho	-56248.301	1375955.500	169.940	158263.500	158297.734
102	68	170Er	-60118.301	1379043.125	169.935	158259.109	158293.859
101	69	170Tm	-59803.883	1377946.375	169.936	158258.906	158294.172
100	70	170Yb	-60771.914	1378132.000	169.935	158257.438	158293.203
99	71	170Lu	-57312.777	1373890.625	169.938	158260.391	158296.672
98	72	170Hf	-56216.000	1372011.000	169.940	158260.969	158297.766
97	73	170Ta	-50217.000	1365230.000	169.946	158266.469	158303.766
96	74	170W	-47236.000	1361467.000	169.949	158268.938	158306.750
95	75	170Re	-38971.000	1352419.000	169.958	158276.688	158315.016
94	76	170Os	-33934.586	1346600.625	169.964	158281.203	158320.047
93	77	170Ir	-23257.000	1335140.000	169.975	158291.391	158330.734
92	78	170Pt	-16463.000	1327564.000	169.982	158297.656	158337.516
106	65	171Tb	-43501.000	1372844.000	170.953	159208.750	159241.969
105	66	171Dy	-49854.000	1378414.000	170.946	159201.906	159235.625
104	67	171Ho	-54528.508	1382307.000	170.941	159196.703	159230.938
103	68	171Er	-57728.508	1384724.625	170.938	159193.000	159227.750
102	69	171Tm	-59218.961	1385432.750	170.936	159191.000	159226.266
101	70	171Yb	-59315.391	1384746.875	170.936	159190.406	159226.172
100	71	171Lu	-57836.543	1382485.625	170.938	159191.344	159227.625
99	72	171Hf	-55433.000	1379300.000	170.940	159193.250	159230.047
98	73	171Ta	-51735.000	1374820.000	170.944	159196.438	159233.734
97	74	171W	-47078.000	1369380.000	170.949	159200.594	159238.406
96	75	171Re	-41408.000	1362927.000	170.956	159205.750	159244.078
95	76	171Os	-34428.000	1355166.000	170.963	159212.203	159251.047
94	77	171Ir	-26288.000	1346243.000	170.972	159219.844	159259.188

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
93	78	171Pt	-17465.000	1336637.000	170.981	159228.156	159268.016
92	79	171Au	-7662.000	1326053.000	170.992	159237.438	159277.812
106	66	172Dy	-47404.000	1384036.000	171.949	160135.844	160169.562
105	67	172Ho	-51400.000	1387250.000	171.945	160131.328	160165.562
104	68	172Er	-56493.102	1391560.625	171.939	160125.734	160160.484
103	69	172Tm	-57383.637	1391668.750	171.938	160124.328	160159.594
102	70	172Yb	-59263.785	1392766.625	171.936	160121.953	160157.719
101	71	172Lu	-56744.520	1389465.000	171.939	160123.953	160160.234
100	72	172Hf	-56394.520	1388332.625	171.939	160123.781	160160.578
99	73	172Ta	-51474.520	1382630.250	171.945	160128.188	160165.484
98	74	172W	-48975.000	1379348.000	171.947	160130.172	160167.984
97	75	172Re	-41651.000	1371242.000	171.955	160136.984	160175.312
96	76	172Os	-37187.000	1365996.000	171.960	160140.938	160179.781
95	77	172Ir	-27346.000	1355372.000	171.971	160150.281	160189.625
94	78	172Pt	-21073.988	1348318.000	171.977	160156.031	160195.891
93	79	172Au	-9213.000	1335675.000	171.990	160167.391	160207.766
107	66	173Dy	-43370.000	1388074.000	172.953	161071.375	161105.094
106	67	173Ho	-49099.000	1393020.000	172.947	161065.141	161099.375
105	68	173Er	-53654.000	1396793.000	172.942	161060.062	161094.812
104	69	173Tm	-56261.914	1398618.375	172.940	161056.938	161092.203
103	70	173Yb	-57560.027	1399134.125	172.938	161055.141	161090.906
102	71	173Lu	-56889.215	1397681.000	172.939	161055.297	161091.578
101	72	173Hf	-55284.000	1395294.000	172.941	161056.391	161093.188
100	73	173Ta	-52594.000	1391821.000	172.944	161058.578	161095.875
99	74	173W	-48594.000	1387039.000	172.948	161062.078	161099.891
98	75	173Re	-43722.000	1381384.000	172.953	161066.406	161104.734
97	76	173Os	-37454.000	1374334.000	172.960	161072.172	161111.016
96	77	173Ir	-30080.000	1366178.000	172.968	161079.047	161118.391
95	78	173Pt	-21890.439	1357205.750	172.977	161086.719	161126.578

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
94	79	173Au	-12670.051	1347203.000	172.986	161095.422	161135.797
107	67	174Ho	-45503.000	1397496.000	173.951	162000.234	162034.469
106	68	174Er	-51847.000	1403057.000	173.944	161993.359	162028.109
105	69	174Tm	-53873.305	1404301.125	173.942	161990.812	162026.078
104	70	174Yb	-56953.305	1406598.750	173.939	161987.234	162023.000
103	71	174Lu	-55578.957	1404442.000	173.940	161988.109	162024.391
102	72	174Hf	-55852.223	1403933.000	173.940	161987.312	162024.109
101	73	174Ta	-52007.223	1399305.625	173.944	161990.641	162027.938
100	74	174W	-50152.000	1396668.000	173.946	161992.000	162029.812
99	75	174Re	-43676.000	1389409.000	173.953	161997.969	162036.297
98	76	174Os	-39939.000	1384890.000	173.957	162001.172	162040.016
97	77	174Ir	-30922.000	1375091.000	173.967	162009.688	162049.031
96	78	174Pt	-25326.129	1368712.750	173.973	162014.766	162054.625
95	79	174Au	-14050.000	1356654.000	173.985	162025.531	162065.906
108	67	175Ho	-42802.000	1402866.000	174.954	162934.406	162968.641
107	68	175Er	-48503.000	1407784.000	174.948	162928.203	162962.953
106	69	175Tm	-52319.312	1410818.375	174.944	162923.875	162959.141
105	70	175Yb	-54704.312	1412421.125	174.941	162921.000	162956.766
104	71	175Lu	-55174.336	1412108.750	174.941	162920.000	162956.281
103	72	175Hf	-54489.605	1410641.625	174.941	162920.156	162956.953
102	73	175Ta	-52490.000	1407859.000	174.944	162921.672	162958.969
101	74	175W	-49583.000	1404171.000	174.947	162924.047	162961.859
100	75	175Re	-45277.000	1399082.000	174.951	162927.844	162966.172
99	76	175Os	-39980.000	1393003.000	174.957	162932.641	162971.484
98	77	175Ir	-33274.000	1385514.000	174.964	162938.828	162978.172
97	78	175Pt	-25825.000	1377283.000	174.972	162945.766	162985.625
96	79	175Au	-17185.000	1367860.000	174.982	162953.891	162994.266
95	80	175Hg	-8000.000	1357894.000	174.991	162962.578	163003.453
108	68	176Er	-46305.000	1413657.000	175.950	163861.891	163896.641

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
107	69	176Tm	-49377.176	1415947.625	175.947	163858.297	163893.562
106	70	176Yb	-53497.176	1419285.250	175.943	163853.703	163889.469
105	71	176Lu	-53390.992	1418396.750	175.943	163853.281	163889.562
104	72	176Hf	-54583.840	1418807.250	175.941	163851.578	163888.375
103	73	176Ta	-51473.840	1414914.875	175.945	163854.172	163891.469
102	74	176W	-50683.000	1413341.000	175.946	163854.453	163892.266
101	75	176Re	-45112.000	1406989.000	175.952	163859.500	163897.828
100	76	176Os	-41964.000	1403058.000	175.955	163862.125	163900.969
99	77	176Ir	-33989.000	1394301.000	175.964	163869.609	163908.953
98	78	176Pt	-28876.000	1388406.000	175.969	163874.203	163914.062
97	79	176Au	-18379.000	1377126.000	175.980	163884.188	163924.562
96	80	176Hg	-11724.482	1369689.000	175.987	163890.344	163931.219
109	68	177Er	-42504.000	1417928.000	176.954	164797.172	164831.922
108	69	177Tm	-47469.000	1422111.000	176.949	164791.703	164826.969
107	70	177Yb	-50992.652	1424852.000	176.945	164787.688	164823.453
106	71	177Lu	-52391.883	1425468.875	176.944	164785.766	164822.047
105	72	177Hf	-52890.211	1425184.875	176.943	164784.750	164821.547
104	73	177Ta	-51724.211	1423236.500	176.944	164785.406	164822.703
103	74	177W	-49723.000	1420453.000	176.947	164786.906	164824.719
102	75	177Re	-46323.000	1416271.000	176.950	164789.797	164828.125
101	76	177Os	-41875.000	1411041.000	176.955	164793.719	164832.562
100	77	177Ir	-36170.000	1404553.000	176.961	164798.922	164838.266
99	78	177Pt	-29386.000	1396986.000	176.968	164805.188	164845.047
98	79	177Au	-21224.000	1388042.000	176.977	164812.844	164853.219
97	80	177Hg	-12727.118	1378763.000	176.986	164820.844	164861.719
96	81	177Tl	-2905.000	1368159.000	176.997	164830.156	164871.547
109	69	178Tm	-44116.000	1426829.000	177.953	165726.547	165761.812
108	70	178Yb	-49701.348	1431632.125	177.947	165720.469	165756.234
107	71	178Lu	-50345.973	1431494.375	177.946	165719.312	165755.594

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
106	72	178Hf	-52445.215	1432811.250	177.944	165716.688	165753.484
105	73	178Ta	-50533.215	1430116.875	177.946	165718.094	165755.391
104	74	178W	-50441.914	1429243.250	177.946	165717.688	165755.500
103	75	178Re	-45781.914	1423800.875	177.951	165721.828	165760.156
102	76	178Os	-43455.844	1420692.500	177.953	165723.625	165762.469
101	77	178Ir	-36251.000	1412705.000	177.961	165730.344	165769.688
100	78	178Pt	-31941.000	1407613.000	177.966	165734.141	165774.000
99	79	178Au	-22379.000	1397269.000	177.976	165743.172	165783.547
98	80	178Hg	-16323.195	1390430.375	177.982	165748.750	165789.625
97	81	178Tl	-4445.000	1377770.000	177.995	165760.109	165801.500
110	69	179Tm	-41601.000	1432385.000	178.955	166660.562	166695.828
109	70	179Yb	-46416.000	1436418.000	178.950	166655.250	166691.016
108	71	179Lu	-49067.172	1438286.875	178.947	166652.078	166688.359
107	72	179Hf	-50472.926	1438910.250	178.946	166650.141	166686.938
106	73	179Ta	-50362.039	1438017.000	178.946	166649.781	166687.078
105	74	179W	-49302.355	1436175.000	178.947	166650.312	166688.125
104	75	179Re	-46592.355	1432682.625	178.950	166652.516	166690.844
103	76	179Os	-42894.000	1428202.000	178.954	166655.688	166694.531
102	77	179Ir	-38052.000	1422578.000	178.959	166660.031	166699.375
101	78	179Pt	-32160.000	1415903.000	178.965	166665.406	166705.266
100	79	179Au	-24767.000	1407728.000	178.973	166672.281	166712.656
99	80	179Hg	-16969.000	1399148.000	178.982	166679.578	166720.453
98	81	179Tl	-7949.000	1389346.000	178.991	166688.094	166729.484
110	70	180Yb	-44404.000	1442478.000	179.952	167588.750	167624.516
109	71	180Lu	-46686.504	1443977.500	179.950	167585.953	167622.234
108	72	180Hf	-49789.504	1446298.125	179.947	167582.344	167619.141
107	73	180Ta	-48935.422	1444661.750	179.947	167582.703	167620.000
106	74	180W	-49643.281	1444587.250	179.947	167581.469	167619.281
105	75	180Re	-45840.973	1440002.625	179.951	167584.750	167623.078

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
104	76	180Os	-44385.000	1437764.000	179.952	167585.688	167624.531
103	77	180Ir	-37955.000	1430552.000	179.959	167591.609	167630.953
102	78	180Pt	-34265.000	1426079.000	179.963	167594.797	167634.656
101	79	180Au	-25713.000	1416746.000	179.972	167602.844	167643.219
100	80	180Hg	-20193.000	1410443.000	179.978	167607.844	167648.719
99	81	180Tl	-9135.000	1398602.000	179.990	167618.391	167659.781
111	70	181Yb	-40846.000	1446991.000	180.956	168523.797	168559.562
110	71	181Lu	-44740.000	1450102.000	180.952	168519.391	168555.672
109	72	181Hf	-47413.852	1451993.875	180.949	168516.203	168553.000
108	73	181Ta	-48441.086	1452238.750	180.948	168514.688	168551.984
107	74	181W	-48253.195	1451268.500	180.948	168514.344	168552.156
106	75	181Re	-46514.523	1448747.500	180.950	168515.562	168553.891
105	76	181Os	-43524.523	1444975.125	180.953	168518.047	168556.891
104	77	181Ir	-39456.070	1440124.250	180.958	168521.609	168560.953
103	78	181Pt	-34300.000	1434186.000	180.963	168526.266	168566.125
102	79	181Au	-27993.000	1427097.000	180.970	168532.062	168572.438
101	80	181Hg	-20674.000	1418995.000	180.978	168538.875	168579.750
100	81	181Tl	-12199.000	1409738.000	180.987	168546.828	168588.219
99	82	181Pb	-3061.000	1399818.000	180.997	168555.453	168597.359
111	71	182Lu	-41722.000	1455155.000	181.955	169453.906	169490.188
110	72	182Hf	-46059.676	1458711.000	181.951	169449.062	169485.859
109	73	182Ta	-46432.719	1458301.625	181.950	169448.188	169485.484
108	74	182W	-48246.242	1459332.875	181.948	169445.859	169483.672
107	75	182Re	-45446.242	1455750.500	181.951	169448.141	169486.469
106	76	182Os	-44538.242	1454060.125	181.952	169448.531	169487.375
105	77	182Ir	-39003.801	1447743.375	181.958	169453.562	169492.906
104	78	182Pt	-36078.961	1444036.125	181.961	169455.969	169495.828
103	79	182Au	-28299.000	1435474.000	181.970	169463.234	169503.609
102	80	182Hg	-23519.000	1429911.000	181.975	169467.516	169508.391

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
101	81	182Tl	-13404.000	1419014.000	181.986	169477.125	169518.516
100	82	182Pb	-6822.167	1411650.000	181.993	169483.188	169525.094
112	71	183Lu	-39523.000	1461028.000	182.958	170387.594	170423.875
111	72	183Hf	-43285.578	1464008.250	182.954	170383.328	170420.125
110	73	183Ta	-45295.578	1465235.875	182.951	170380.812	170418.109
109	74	183W	-46365.609	1465523.500	182.950	170379.234	170417.047
108	75	183Re	-45809.609	1464185.125	182.951	170379.266	170417.594
107	76	183Os	-43678.000	1461271.000	182.953	170380.891	170419.734
106	77	183Ir	-40228.000	1457039.000	182.957	170383.844	170423.188
105	78	183Pt	-35650.000	1451678.000	182.962	170387.906	170427.766
104	79	183Au	-30161.000	1445408.000	182.968	170392.875	170433.250
103	80	183Hg	-23696.000	1438160.000	182.975	170398.844	170439.719
102	81	183Tl	-16118.000	1429799.000	182.983	170405.891	170447.281
101	82	183Pb	-7517.000	1420416.000	182.992	170414.000	170455.906
113	71	184Lu	-36170.000	1465746.000	183.961	171322.438	171358.719
112	72	184Hf	-41500.027	1470294.000	183.955	171316.594	171353.391
111	73	184Ta	-42840.027	1470851.625	183.954	171314.766	171352.062
110	74	184W	-45706.027	1472935.250	183.951	171311.375	171349.188
109	75	184Re	-44223.336	1470670.250	183.953	171312.359	171350.688
108	76	184Os	-44254.520	1469919.000	183.952	171311.812	171350.656
107	77	184Ir	-39692.520	1464574.750	183.957	171315.875	171355.219
106	78	184Pt	-37358.000	1461458.000	183.960	171317.672	171357.531
105	79	184Au	-30298.000	1453615.000	183.967	171324.219	171364.594
104	80	184Hg	-26178.000	1448713.000	183.972	171327.859	171368.734
103	81	184Tl	-16990.000	1438743.000	183.982	171336.531	171377.922
102	82	184Pb	-10993.000	1431964.000	183.988	171341.984	171383.891
113	72	185Hf	-38396.000	1475261.000	184.959	172251.203	172288.000
112	73	185Ta	-41396.438	1477479.375	184.956	172247.688	172284.984
111	74	185W	-43388.438	1478689.000	184.953	172245.203	172283.016

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
110	75	185Re	-43821.434	1478339.625	184.953	172244.250	172282.578
109	76	185Os	-42808.641	1476544.500	184.954	172244.734	172283.578
108	77	185Ir	-40436.000	1473390.000	184.957	172246.609	172285.953
107	78	185Pt	-36557.609	1468728.750	184.961	172249.984	172289.844
106	79	185Au	-31850.611	1463239.375	184.966	172254.172	172294.547
105	80	185Hg	-26098.000	1456704.000	184.972	172259.422	172300.297
104	81	185Tl	-19468.000	1449292.000	184.979	172265.547	172306.938
103	82	185Pb	-11569.000	1440611.000	184.988	172272.922	172314.828
102	83	185Bi	-2135.000	1430395.000	184.998	172281.859	172324.266
114	72	186Hf	-36403.000	1481339.000	185.961	173184.688	173221.484
113	73	186Ta	-38610.328	1482764.625	185.959	173181.969	173219.266
112	74	186W	-42511.328	1485883.250	185.954	173177.562	173215.375
111	75	186Re	-41929.770	1484519.250	185.955	173177.625	173215.953
110	76	186Os	-42999.289	1484806.500	185.954	173176.047	173214.891
109	77	186Ir	-39168.289	1480193.125	185.958	173179.375	173218.719
108	78	186Pt	-37788.520	1478031.000	185.959	173180.250	173220.109
107	79	186Au	-31672.961	1471133.125	185.966	173185.844	173226.219
106	80	186Hg	-28447.803	1467125.625	185.969	173188.562	173229.438
105	81	186Tl	-19982.000	1457878.000	185.979	173196.516	173237.906
104	82	186Pb	-14623.000	1451736.000	185.984	173201.359	173243.266
103	83	186Bi	-3279.000	1439610.000	185.996	173212.203	173254.609
114	73	187Ta	-36878.000	1489103.000	186.960	174115.219	174152.516
113	74	187W	-39906.719	1491349.875	186.957	174111.656	174149.469
112	75	187Re	-41217.871	1491878.750	186.956	174109.828	174148.156
111	76	187Os	-41220.535	1491099.000	186.956	174109.312	174148.156
110	77	187Ir	-39718.125	1488814.250	186.957	174110.328	174149.672
109	78	187Pt	-36740.000	1485054.000	186.961	174112.781	174152.641
108	79	187Au	-33010.000	1480542.000	186.965	174115.984	174156.359
107	80	187Hg	-28145.000	1474894.000	186.970	174120.359	174161.234

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
106	81	187Tl	-22197.000	1468164.000	186.976	174125.797	174167.188
105	82	187Pb	-14876.000	1460060.000	186.984	174132.609	174174.516
104	83	187Bi	-6094.000	1450496.000	186.993	174140.875	174183.281
115	73	188Ta	-33804.000	1494101.000	187.964	175049.781	175087.078
114	74	188W	-38669.148	1498183.625	187.958	175044.391	175082.203
113	75	188Re	-39018.148	1497750.375	187.958	175043.531	175081.859
112	76	188Os	-41138.500	1499088.375	187.956	175040.891	175079.734
111	77	188Ir	-38329.145	1495496.625	187.959	175043.203	175082.547
110	78	188Pt	-37822.660	1494207.750	187.959	175043.188	175083.047
109	79	188Au	-32523.000	1488125.000	187.965	175047.984	175088.359
108	80	188Hg	-30223.000	1485043.000	187.968	175049.766	175090.641
107	81	188Tl	-22430.000	1476468.000	187.976	175057.062	175098.453
106	82	188Pb	-17642.000	1470898.000	187.981	175061.312	175103.219
105	83	188Bi	-7291.000	1459764.000	187.992	175071.172	175113.578
115	74	189W	-35478.535	1503064.375	188.962	175979.078	176016.891
114	75	189Re	-37978.535	1504782.000	188.959	175976.062	176014.391
113	76	189Os	-38987.801	1505009.000	188.958	175974.531	176013.375
112	77	189Ir	-38455.352	1503694.125	188.959	175974.578	176013.922
111	78	189Pt	-36484.844	1500941.250	188.961	175976.031	176015.891
110	79	189Au	-33635.000	1497309.000	188.964	175978.344	176018.719
109	80	189Hg	-29685.000	1492577.000	188.968	175981.797	176022.672
108	81	189Tl	-24508.000	1486618.000	188.974	175986.469	176027.859
107	82	189Pb	-17810.000	1479137.000	188.981	175992.656	176034.562
106	83	189Bi	-9776.000	1470321.000	188.990	176000.188	176042.594
116	74	190W	-34298.031	1509955.250	189.963	176911.750	176949.562
115	75	190Re	-35568.031	1510442.875	189.962	176909.969	176948.297
114	76	190Os	-38708.031	1512800.500	189.958	176906.312	176945.156
113	77	190Ir	-36708.031	1510018.125	189.961	176907.812	176947.156
112	78	190Pt	-37324.891	1509852.625	189.960	176906.672	176946.531

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
111	79	190Au	-32882.891	1504628.250	189.965	176910.609	176950.984
110	80	190Hg	-31413.000	1502376.000	189.966	176911.578	176952.453
109	81	190Tl	-24413.000	1494594.000	189.974	176918.047	176959.438
108	82	190Pb	-20325.188	1489723.500	189.978	176921.625	176963.531
107	83	190Bi	-10695.000	1479311.000	189.989	176930.750	176973.156
106	84	190Po	-4555.000	1472389.000	189.995	176936.375	176979.297
116	75	191Re	-34350.148	1517296.250	190.963	177842.672	177881.000
115	76	191Os	-36395.375	1518559.125	190.961	177840.109	177878.953
114	77	191Ir	-36709.062	1518090.500	190.961	177839.297	177878.641
113	78	191Pt	-35690.512	1516289.625	190.962	177839.812	177879.672
112	79	191Au	-33860.512	1513677.250	190.964	177841.125	177881.500
111	80	191Hg	-30680.512	1509714.875	190.967	177843.797	177884.672
110	81	191Tl	-26188.000	1504440.000	190.972	177847.781	177889.172
109	82	191Pb	-20307.000	1497776.000	190.978	177853.156	177895.062
108	83	191Bi	-12991.000	1489679.000	190.986	177859.953	177902.359
107	84	191Po	-4980.000	1480885.000	190.995	177867.469	177910.391
117	75	192Re	-31708.000	1522726.000	191.966	178776.812	178815.141
116	76	192Os	-35882.031	1526117.125	191.961	178772.125	178810.969
115	77	192Ir	-34835.824	1524288.625	191.963	178772.672	178812.016
114	78	192Pt	-36295.512	1524965.875	191.961	178770.703	178810.562
113	79	192Au	-32779.172	1520667.250	191.965	178773.703	178814.078
112	80	192Hg	-32069.000	1519175.000	191.966	178773.891	178814.766
111	81	192Tl	-25949.000	1512273.000	191.972	178779.500	178820.891
110	82	192Pb	-22577.000	1508118.000	191.976	178782.359	178824.266
109	83	192Bi	-13629.000	1498388.000	191.985	178790.828	178833.234
108	84	192Po	-7897.000	1491873.000	191.992	178796.031	178838.953
117	76	193Os	-33395.840	1531702.250	192.964	179706.094	179744.938
116	77	193Ir	-34536.348	1532060.375	192.963	179704.469	179743.812
115	78	193Pt	-34479.707	1531221.500	192.963	179704.016	179743.875

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
114	79	193Au	-33411.059	1529370.500	192.964	179704.562	179744.938
113	80	193Hg	-31070.752	1526247.750	192.967	179706.406	179747.281
112	81	193Tl	-27434.000	1521829.000	192.971	179709.516	179750.906
111	82	193Pb	-22281.000	1515894.000	192.976	179714.156	179756.062
110	83	193Bi	-15779.000	1508609.000	192.983	179720.156	179762.562
109	84	193Po	-8289.000	1500336.000	192.991	179727.141	179770.062
108	85	193At	175.000	1491090.000	193.000	179735.094	179778.531
118	76	194Os	-32435.256	1538813.000	193.965	180638.562	180677.406
117	77	194Ir	-32531.855	1538127.250	193.965	180637.969	180677.312
116	78	194Pt	-34778.645	1539591.750	193.963	180635.203	180675.062
115	79	194Au	-32286.611	1536317.375	193.965	180637.188	180677.562
114	80	194Hg	-32246.611	1535495.000	193.965	180636.719	180677.594
113	81	194Tl	-26964.000	1529430.000	193.971	180641.484	180682.875
112	82	194Pb	-24250.000	1525934.000	193.974	180643.688	180685.594
111	83	194Bi	-16070.000	1516971.000	193.983	180651.375	180693.781
110	84	194Po	-10913.283	1511032.250	193.988	180656.000	180698.922
109	85	194At	-959.000	1500295.000	193.999	180665.453	180708.891
119	76	195Os	-29692.402	1544141.500	194.968	181572.797	181611.641
118	77	195Ir	-31692.402	1545359.125	194.966	181570.312	181609.656
117	78	195Pt	-32812.387	1545696.750	194.965	181568.656	181608.516
116	79	195Au	-32585.586	1544687.625	194.965	181568.375	181608.750
115	80	195Hg	-31075.586	1542395.250	194.967	181569.391	181610.266
114	81	195Tl	-28271.000	1538808.000	194.970	181571.672	181613.062
113	82	195Pb	-23780.000	1533535.000	194.974	181575.641	181617.547
112	83	195Bi	-17930.000	1526903.000	194.981	181581.000	181623.406
111	84	195Po	-11136.000	1519326.000	194.988	181587.281	181630.203
110	85	195At	-3210.000	1510618.000	194.997	181594.703	181638.141
120	76	196Os	-28296.408	1550816.875	195.970	182505.688	182544.531
119	77	196Ir	-29453.924	1551192.000	195.968	182504.031	182543.375

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
118	78	196Pt	-32662.939	1553618.625	195.965	182500.312	182540.172
117	79	196Au	-31157.244	1551330.625	195.967	182501.281	182541.656
116	80	196Hg	-31843.262	1551234.250	195.966	182500.094	182540.969
115	81	196Tl	-27466.000	1546074.000	195.971	182503.969	182545.359
114	82	196Pb	-25420.000	1543247.000	195.973	182505.500	182547.406
113	83	196Bi	-18064.000	1535108.000	195.981	182512.359	182554.766
112	84	196Po	-13495.000	1529757.000	195.986	182516.406	182559.328
111	85	196At	-4003.000	1519483.000	195.996	182525.375	182568.812
110	86	196Rn	2151.000	1512546.000	196.002	182531.016	182574.969
120	77	197Ir	-28283.418	1558092.750	196.970	183436.688	183476.031
119	78	197Pt	-30438.051	1559465.125	196.967	183434.031	183473.891
118	79	197Au	-31156.971	1559401.625	196.967	183432.781	183473.156
117	80	197Hg	-30557.346	1558019.625	196.967	183432.891	183473.766
116	81	197Tl	-28376.844	1555056.750	196.970	183434.562	183475.953
115	82	197Pb	-24796.000	1550694.000	196.973	183437.609	183479.516
114	83	197Bi	-19622.582	1544737.875	196.979	183442.281	183484.688
113	84	197Po	-13445.000	1537778.000	196.986	183447.953	183490.875
112	85	197At	-6250.000	1529801.000	196.993	183454.641	183498.078
111	86	197Rn	1547.000	1521221.000	197.002	183461.922	183505.875
121	77	198Ir	-25821.000	1563702.000	197.972	184370.656	184410.000
120	78	198Pt	-29923.301	1567021.625	197.968	184366.016	184405.875
119	79	198Au	-29597.990	1565914.000	197.968	184365.844	184406.219
118	80	198Hg	-30970.467	1566504.125	197.967	184363.969	184404.844
117	81	198Tl	-27510.467	1562261.750	197.970	184366.906	184408.297
116	82	198Pb	-26100.000	1560069.000	197.972	184367.812	184409.719
115	83	198Bi	-19538.646	1552725.250	197.979	184373.859	184416.266
114	84	198Po	-15516.000	1547920.000	197.983	184377.375	184420.297
113	85	198At	-6751.000	1538373.000	197.993	184385.625	184429.062
112	86	198Rn	-1136.443	1531976.000	197.999	184390.719	184434.672

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
122	77	199Ir	-24417.100	1570369.125	198.974	185303.547	185342.891
121	78	199Pt	-27408.076	1572577.750	198.971	185300.047	185339.906
120	79	199Au	-29111.031	1573498.375	198.969	185297.828	185338.203
119	80	199Hg	-29563.297	1573168.250	198.968	185296.875	185337.750
118	81	199Tl	-28118.225	1570940.875	198.970	185297.797	185339.188
117	82	199Pb	-25234.742	1567275.000	198.973	185300.172	185342.078
116	83	199Bi	-20886.930	1562144.875	198.978	185304.031	185346.438
115	84	199Po	-15281.000	1555757.000	198.984	185309.109	185352.031
114	85	199At	-8725.000	1548419.000	198.991	185315.156	185358.594
113	86	199Rn	-1575.000	1540486.000	198.998	185321.781	185365.734
122	78	200Pt	-26618.475	1579859.500	199.971	186232.328	186272.188
121	79	200Au	-27276.109	1579734.750	199.971	186231.156	186271.531
120	80	200Hg	-29520.227	1581196.500	199.968	186228.406	186269.281
119	81	200Tl	-27064.188	1577958.125	199.971	186230.344	186271.734
118	82	200Pb	-26253.633	1576365.250	199.972	186230.625	186272.531
117	83	200Bi	-20360.609	1569689.875	199.978	186236.047	186278.453
116	84	200Po	-17014.000	1565561.000	199.982	186238.875	186281.797
115	85	200At	-9042.000	1556807.000	199.990	186246.328	186289.766
114	86	200Rn	-4027.000	1551009.000	199.996	186250.828	186294.781
113	87	200Fr	6054.000	1540146.000	200.007	186260.406	186304.859
123	78	201Pt	-23756.385	1585068.750	200.975	187166.688	187206.547
122	79	201Au	-26416.385	1586946.375	200.972	187163.516	187203.891
121	80	201Hg	-27679.084	1587426.750	200.970	187161.750	187202.625
120	81	201Tl	-27196.109	1586161.375	200.971	187161.703	187203.094
119	82	201Pb	-25293.236	1583476.125	200.973	187163.109	187205.016
118	83	201Bi	-21451.633	1578852.125	200.977	187166.438	187208.844
117	84	201Po	-16572.000	1573191.000	200.982	187170.797	187213.719
116	85	201At	-10724.374	1566560.250	200.988	187176.125	187219.562
115	86	201Rn	-4159.000	1559212.000	200.996	187182.188	187226.141

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
114	87	201Fr	3713.000	1550558.000	201.004	187189.547	187234.000
124	78	202Pt	-22598.000	1591982.000	201.976	188099.328	188139.188
123	79	202Au	-24415.916	1593017.250	201.974	188097.000	188137.375
122	80	202Hg	-27362.070	1595181.000	201.971	188093.562	188134.438
121	81	202Tl	-25997.463	1593034.000	201.972	188094.406	188135.797
120	82	202Pb	-25947.893	1592202.125	201.972	188093.938	188135.844
119	83	202Bi	-20796.062	1586267.875	201.978	188098.594	188141.000
118	84	202Po	-17975.000	1582664.000	201.981	188100.891	188143.812
117	85	202At	-10760.031	1574667.250	201.988	188107.594	188151.031
116	86	202Rn	-6318.000	1569443.000	201.993	188111.516	188155.469
115	87	202Fr	3062.000	1559281.000	202.003	188120.391	188164.844
124	79	203Au	-23159.492	1599832.125	202.975	189029.750	189070.125
123	80	203Hg	-25283.447	1601173.750	202.973	189027.141	189068.016
122	81	203Tl	-25775.283	1600883.250	202.972	189026.125	189067.516
121	82	203Pb	-24800.566	1599126.125	202.973	189026.578	189068.484
120	83	203Bi	-21547.205	1595090.375	202.977	189029.328	189071.734
119	84	203Po	-17313.805	1590074.625	202.981	189033.047	189075.969
118	85	203At	-12251.737	1584230.250	202.987	189037.594	189081.031
117	86	203Rn	-6226.000	1577422.000	202.993	189043.109	189087.062
116	87	203Fr	976.000	1569437.000	203.001	189049.812	189094.266
115	88	203Ra	8579.000	1561052.000	203.009	189056.906	189101.875
125	79	204Au	-20767.000	1605511.000	203.978	189963.641	190004.016
124	80	204Hg	-24707.277	1608668.875	203.973	189959.188	190000.062
123	81	204Tl	-24359.824	1607539.000	203.974	189959.047	190000.438
122	82	204Pb	-25123.545	1607520.375	203.973	189957.750	189999.656
121	83	204Bi	-20674.355	1602288.875	203.978	189961.703	190004.109
120	84	204Po	-18343.803	1599176.000	203.980	189963.516	190006.438
119	85	204At	-11865.779	1591915.625	203.987	189969.469	190012.906
118	86	204Rn	-8044.000	1587311.000	203.991	189972.781	190016.734

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
117	87	204Fr	552.000	1577933.000	204.001	189980.875	190025.328
116	88	204Ra	6034.000	1571669.000	204.006	189985.859	190030.828
126	79	205Au	-18993.000	1611808.000	204.980	190896.906	190937.281
125	80	205Hg	-22303.594	1614336.500	204.976	190893.094	190933.969
124	81	205Tl	-23834.812	1615085.375	204.974	190891.047	190932.438
123	82	205Pb	-23783.729	1614251.875	204.974	190890.578	190932.484
122	83	205Bi	-21075.340	1610761.125	204.977	190892.781	190935.188
121	84	205Po	-17544.318	1606447.750	204.981	190895.812	190938.734
120	85	205At	-13007.052	1601128.250	204.986	190899.828	190943.266
119	86	205Rn	-7761.000	1595100.000	204.992	190904.562	190948.516
118	87	205Fr	-1244.512	1587801.000	204.999	190910.562	190955.016
117	88	205Ra	5763.000	1580011.000	205.006	190917.078	190962.047
126	80	206Hg	-20959.850	1621064.125	205.978	191825.938	191866.812
125	81	206Tl	-22267.062	1621588.875	205.976	191824.109	191865.500
124	82	206Pb	-23800.598	1622340.125	205.974	191822.047	191863.953
123	83	206Bi	-20043.090	1617800.250	205.978	191825.328	191867.734
122	84	206Po	-18196.508	1615171.375	205.980	191826.656	191869.578
121	85	206At	-12482.724	1608675.125	205.987	191831.844	191875.281
120	86	206Rn	-9166.000	1604576.000	205.990	191834.641	191878.594
119	87	206Fr	-1409.457	1596037.250	205.998	191841.891	191886.344
118	88	206Ra	3523.000	1590322.000	206.004	191846.312	191891.281
127	80	207Hg	-16229.395	1624405.000	206.983	192762.156	192803.031
126	81	207Tl	-21044.395	1628437.625	206.977	192756.828	192798.219
125	82	207Pb	-22467.068	1629077.875	206.976	192754.891	192796.797
124	83	207Bi	-20068.832	1625897.375	206.978	192756.781	192799.188
123	84	207Po	-17159.768	1622205.875	206.982	192759.188	192802.109
122	85	207At	-13249.698	1617513.500	206.986	192762.578	192806.016
121	86	207Rn	-8637.905	1612119.375	206.991	192766.672	192810.625
120	87	207Fr	-2925.464	1605624.500	206.997	192771.875	192816.328

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
119	88	207Ra	3472.000	1598445.000	207.004	192777.766	192822.734
118	89	207Ac	11265.000	1589869.000	207.012	192785.047	192830.531
128	80	208Hg	-13097.000	1629344.000	207.986	193696.781	193737.656
127	81	208Tl	-16762.555	1632227.125	207.982	193692.594	193733.984
126	82	208Pb	-21763.562	1636445.750	207.977	193687.094	193729.000
125	83	208Bi	-18884.455	1632784.250	207.980	193689.453	193731.859
124	84	208Po	-17483.154	1630600.625	207.981	193690.344	193733.266
123	85	208At	-12498.312	1624833.375	207.987	193694.812	193738.250
122	86	208Rn	-9658.440	1621211.250	207.990	193697.156	193741.109
121	87	208Fr	-2669.802	1613440.250	207.997	193703.625	193748.078
120	88	208Ra	1654.000	1608334.000	208.002	193707.438	193752.406
119	89	208Ac	10698.000	1598508.000	208.011	193715.969	193761.453
128	81	209Tl	-13647.200	1637183.000	208.985	194627.219	194668.609
127	82	209Pb	-17628.707	1640382.250	208.981	194622.719	194664.625
126	83	209Bi	-18272.891	1640244.000	208.980	194621.562	194663.969
125	84	209Po	-16379.586	1637568.375	208.982	194622.953	194665.875
124	85	209At	-12893.106	1633299.500	208.986	194625.922	194669.359
123	86	209Rn	-8964.106	1628588.125	208.990	194629.344	194673.297
122	87	209Fr	-3804.760	1622646.500	208.996	194634.000	194678.453
121	88	209Ra	1811.000	1616249.000	209.002	194639.094	194684.062
120	89	209Ac	8913.219	1608363.750	209.010	194645.672	194691.156
129	81	210Tl	-9253.857	1640861.000	209.990	195563.094	195604.484
128	82	210Pb	-14742.634	1645567.500	209.984	195557.094	195599.000
127	83	210Bi	-14806.147	1644848.625	209.984	195556.547	195598.953
126	84	210Po	-15968.230	1645228.375	209.983	195554.859	195597.781
125	85	210At	-11987.107	1640464.875	209.987	195558.328	195601.766
124	86	210Rn	-9613.145	1637308.500	209.990	195560.188	195604.141
123	87	210Fr	-3354.936	1630268.000	209.996	195565.938	195610.391
122	88	210Ra	416.000	1625715.000	210.000	195569.188	195614.156

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
121	89	210Ac	8622.654	1616725.625	210.009	195576.891	195622.375
120	90	210Th	14001.000	1610565.000	210.015	195581.766	195627.750
129	82	211Pb	-10496.563	1649392.750	210.989	196492.844	196534.750
128	83	211Bi	-11868.965	1649982.750	210.987	196490.969	196533.375
127	84	211Po	-12447.675	1649779.125	210.987	196489.859	196532.781
126	85	211At	-11661.552	1648210.625	210.987	196490.141	196533.578
125	86	211Rn	-8769.633	1644536.375	210.991	196492.516	196536.469
124	87	211Fr	-4164.400	1639148.750	210.996	196496.625	196541.078
123	88	211Ra	832.752	1633369.250	211.001	196501.109	196546.078
122	89	211Ac	7124.247	1626295.375	211.008	196506.875	196552.359
121	90	211Th	13840.000	1618798.000	211.015	196513.094	196559.078
130	82	212Pb	-7556.749	1654524.250	211.992	197427.266	197469.172
129	83	212Bi	-8130.505	1654315.625	211.991	197426.188	197468.594
128	84	212Po	-10384.522	1655787.250	211.989	197423.422	197466.344
127	85	212At	-8630.610	1653251.000	211.991	197424.672	197468.109
126	86	212Rn	-8673.233	1652511.250	211.991	197424.109	197468.062
125	87	212Fr	-3544.346	1646600.000	211.996	197428.719	197473.172
124	88	212Ra	-201.676	1642475.000	212.000	197431.547	197476.516
123	89	212Ac	7276.309	1634214.625	212.008	197438.531	197484.016
122	90	212Th	12032.000	1628677.000	212.013	197442.766	197488.750
131	82	213Pb	-3260.000	1658299.000	212.996	198363.047	198404.953
130	83	213Bi	-5239.806	1659496.250	212.994	198360.578	198402.984
129	84	213Po	-6667.147	1660141.250	212.993	198358.641	198401.562
128	85	213At	-6593.906	1659285.625	212.993	198358.203	198401.641
127	86	213Rn	-5711.591	1657621.000	212.994	198358.562	198402.516
126	87	213Fr	-3563.108	1654690.125	212.996	198360.203	198404.656
125	88	213Ra	322.155	1650022.500	213.000	198363.578	198408.547
124	89	213Ac	6123.351	1643439.000	213.007	198368.875	198414.359
123	90	213Th	12074.000	1636706.000	213.013	198374.312	198420.297

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
122	91	213Pa	19732.029	1628265.625	213.021	198381.453	198427.953
132	82	214Pb	-188.025	1663298.125	214.000	199297.609	199339.516
131	83	214Bi	-1212.186	1663539.875	213.999	199296.109	199338.516
130	84	214Po	-4484.259	1666029.625	213.995	199292.312	199335.234
129	85	214At	-3393.980	1664157.000	213.996	199292.891	199336.328
128	86	214Rn	-4334.917	1664315.625	213.995	199291.438	199335.391
127	87	214Fr	-973.653	1660172.000	213.999	199294.297	199338.750
126	88	214Ra	84.898	1658331.125	214.000	199294.844	199339.812
125	89	214Ac	6420.855	1651212.750	214.007	199300.656	199346.141
124	90	214Th	10666.000	1646185.000	214.011	199304.406	199350.391
123	91	214Pa	19318.465	1636750.500	214.021	199312.531	199359.031
132	83	215Bi	1706.821	1668692.250	215.002	200230.531	200272.938
131	84	215Po	-545.288	1670162.000	214.999	200227.734	200270.656
130	85	215At	-1265.672	1670100.000	214.999	200226.516	200269.953
129	86	215Rn	-1183.747	1669235.750	214.999	200226.078	200270.031
128	87	215Fr	303.694	1666966.000	215.000	200227.062	200271.516
127	88	215Ra	2518.941	1663968.375	215.003	200228.766	200273.734
126	89	215Ac	6008.911	1659696.000	215.006	200231.734	200277.219
125	90	215Th	10923.253	1653999.375	215.012	200236.156	200282.141
124	91	215Pa	17789.309	1646350.875	215.019	200242.516	200289.016
133	83	216Bi	5775.000	1672696.000	216.006	201166.078	201208.484
132	84	216Po	1774.680	1675913.375	216.002	201161.562	201204.484
131	85	216At	2243.818	1674661.875	216.002	201161.516	201204.953
130	86	216Rn	240.468	1675882.875	216.000	201159.000	201202.953
129	87	216Fr	2969.484	1672371.500	216.003	201161.219	201205.672
128	88	216Ra	3277.370	1671281.250	216.004	201161.016	201205.984
127	89	216Ac	8123.808	1665652.500	216.009	201165.344	201210.828
126	90	216Th	10293.904	1662700.000	216.011	201167.031	201213.016
125	91	216Pa	17800.520	1654411.000	216.019	201174.000	201220.500

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
133	84	217Po	5825.000	1679934.000	217.006	202097.109	202140.031
132	85	217At	4386.981	1680590.000	217.005	202095.141	202138.578
131	86	217Rn	3646.384	1680548.250	217.004	202093.906	202137.859
130	87	217Fr	4300.196	1679112.125	217.005	202094.062	202138.516
129	88	217Ra	5874.010	1676756.000	217.006	202095.109	202140.078
128	89	217Ac	8693.330	1673154.250	217.009	202097.406	202142.891
127	90	217Th	12171.056	1668894.125	217.013	202100.406	202146.391
126	91	217Pa	17035.691	1663247.250	217.018	202104.750	202151.250
134	84	218Po	8351.563	1685479.125	218.009	203031.125	203074.047
133	85	218At	8086.725	1684961.625	218.009	203030.344	203073.781
132	86	218Rn	5203.618	1687062.375	218.006	203026.938	203070.891
131	87	218Fr	7045.191	1684438.375	218.008	203028.297	203072.750
130	88	218Ra	6635.913	1684065.375	218.007	203027.359	203072.328
129	89	218Ac	10828.658	1679090.250	218.012	203031.047	203076.531
128	90	218Th	12358.822	1676777.750	218.013	203032.062	203078.047
127	91	218Pa	18637.242	1669717.000	218.020	203037.828	203084.328
126	92	218U	21878.000	1665694.000	218.023	203040.562	203087.578
134	85	219At	10522.600	1690597.000	219.011	203964.266	204007.703
133	86	219Rn	8825.747	1691511.500	219.009	203962.062	204006.016
132	87	219Fr	8607.788	1690947.125	219.009	203961.344	204005.797
131	88	219Ra	9379.013	1689393.625	219.010	203961.609	204006.578
130	89	219Ac	11555.105	1686435.125	219.012	203963.266	204008.750
129	90	219Th	14457.952	1682749.875	219.016	203965.656	204011.641
128	91	219Pa	18518.422	1677907.125	219.020	203969.203	204015.703
127	92	219U	23208.564	1672434.625	219.025	203973.391	204020.406
135	85	220At	14253.000	1694938.000	220.015	204899.484	204942.922
134	86	220Rn	10604.265	1697804.375	220.011	204895.344	204939.297
133	87	220Fr	11469.463	1696156.750	220.012	204895.703	204940.156
132	88	220Ra	10260.096	1696583.875	220.011	204893.969	204938.938

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
131	89	220Ac	13741.495	1692320.125	220.015	204896.938	204942.422
130	90	220Th	14655.310	1690623.875	220.016	204897.359	204943.344
129	91	220Pa	20377.818	1684119.000	220.022	204902.547	204949.047
128	92	220U	23019.000	1680696.000	220.025	204904.688	204951.703
136	85	221At	16897.000	1700365.000	221.018	205833.641	205877.078
135	86	221Rn	14396.000	1702084.000	221.015	205830.625	205874.578
134	87	221Fr	13269.739	1702427.875	221.014	205828.984	205873.438
133	88	221Ra	12954.995	1701960.250	221.014	205828.156	205873.125
132	89	221Ac	14508.712	1699624.125	221.016	205829.188	205874.672
131	90	221Th	16926.641	1696423.875	221.018	205831.125	205877.109
130	91	221Pa	20365.941	1692202.250	221.022	205834.031	205880.531
129	92	221U	24546.000	1687240.000	221.026	205837.703	205884.719
137	85	222At	20800.000	1704533.000	222.022	206769.047	206812.484
136	86	222Rn	16366.787	1708184.500	222.018	206764.078	206808.031
135	87	222Fr	16342.089	1707426.875	222.018	206763.547	206808.000
134	88	222Ra	14309.441	1708677.125	222.015	206761.016	206805.984
133	89	222Ac	16607.467	1705596.750	222.018	206762.797	206808.281
132	90	222Th	17189.908	1704232.000	222.018	206762.875	206808.859
131	91	222Pa	22100.000	1698539.000	222.024	206767.281	206813.781
130	92	222U	24284.000	1695573.000	222.026	206768.938	206815.953
138	85	223At	23604.000	1709801.000	223.025	207703.344	207746.781
137	86	223Rn	20297.000	1712325.000	223.022	207699.516	207743.469
136	87	223Fr	18379.037	1713461.250	223.020	207697.094	207741.547
135	88	223Ra	17229.973	1713827.875	223.018	207695.422	207740.391
134	89	223Ac	17815.779	1712459.750	223.019	207695.484	207740.969
133	90	223Th	19370.559	1710122.625	223.021	207696.562	207742.547
132	91	223Pa	22322.084	1706388.750	223.024	207699.000	207745.500
131	92	223U	25823.764	1702104.750	223.028	207701.969	207748.984
138	86	224Rn	22440.000	1718254.000	224.024	208633.156	208677.109

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
137	87	224Fr	21643.736	1718267.875	224.023	208631.859	208676.312
136	88	224Ra	18818.043	1720311.125	224.020	208628.516	208673.484
135	89	224Ac	20221.273	1718125.625	224.022	208629.406	208674.891
134	90	224Th	19989.160	1717575.375	224.021	208628.656	208674.641
133	91	224Pa	23860.080	1712922.125	224.026	208632.031	208678.531
132	92	224U	25700.045	1710299.750	224.028	208633.344	208680.359
139	86	225Rn	26492.000	1722274.000	225.028	209568.688	209612.641
138	87	225Fr	23852.684	1724130.250	225.026	209565.547	209610.000
137	88	225Ra	21987.412	1725213.125	225.024	209563.172	209608.141
136	89	225Ac	21629.824	1724788.375	225.023	209562.281	209607.766
135	90	225Th	22301.307	1723334.500	225.024	209562.469	209608.453
134	91	225Pa	24326.123	1720527.375	225.026	209563.969	209610.469
133	92	225U	27371.359	1716699.750	225.029	209566.516	209613.531
132	93	225Np	31577.352	1711711.375	225.034	209570.219	209617.734
140	86	226Rn	28774.000	1728063.000	226.031	210502.484	210546.438
139	87	226Fr	27333.219	1728721.000	226.029	210500.531	210544.984
138	88	226Ra	23662.324	1731609.500	226.025	210496.344	210541.312
137	89	226Ac	24302.533	1730187.000	226.026	210496.469	210541.953
136	90	226Th	23185.518	1730521.625	226.025	210494.859	210540.844
135	91	226Pa	26019.186	1726905.625	226.028	210497.172	210543.672
134	92	226U	27329.797	1724812.625	226.029	210497.969	210544.984
133	93	226Np	32723.000	1718638.000	226.035	210502.859	210550.375
141	86	227Rn	32981.000	1731927.000	227.035	211438.172	211482.125
140	87	227Fr	29652.398	1734473.125	227.032	211434.359	211478.812
139	88	227Ra	27172.307	1736170.875	227.029	211431.344	211476.312
138	89	227Ac	25846.141	1736714.625	227.028	211429.500	211474.984
137	90	227Th	25801.316	1735977.125	227.028	211428.953	211474.938
136	91	227Pa	26820.645	1734175.500	227.029	211429.469	211475.969
135	92	227U	29006.783	1731207.000	227.031	211431.141	211478.156

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
134	93	227Np	32563.406	1726868.000	227.035	211434.188	211481.703
142	86	228Rn	35475.000	1737504.000	228.038	212372.156	212416.109
141	87	228Fr	33276.000	1738921.000	228.036	212369.453	212413.906
140	88	228Ra	28936.020	1742478.500	228.031	212364.609	212409.578
139	89	228Ac	28890.119	1741742.000	228.031	212364.031	212409.516
138	90	228Th	26763.074	1743086.750	228.029	212361.422	212407.406
137	91	228Pa	28910.721	1740156.750	228.031	212363.047	212409.547
136	92	228U	29217.568	1739067.500	228.031	212362.828	212409.844
135	93	228Np	33701.000	1733801.000	228.036	212366.828	212414.344
134	94	228Pu	36074.602	1730645.750	228.039	212368.672	212416.703
142	87	229Fr	35793.000	1744475.000	229.038	213303.484	213347.938
141	88	229Ra	32434.904	1747050.875	229.035	213299.594	213344.562
140	89	229Ac	30674.904	1748028.625	229.033	213297.312	213342.797
139	90	229Th	29579.904	1748341.250	229.032	213295.719	213341.703
138	91	229Pa	29890.336	1747248.375	229.032	213295.516	213342.016
137	92	229U	31201.445	1745155.000	229.034	213296.328	213343.344
136	93	229Np	33763.734	1741810.375	229.036	213298.375	213345.891
135	94	229Pu	37389.172	1737402.500	229.040	213301.500	213349.531
143	87	230Fr	39598.000	1748741.000	230.043	214238.766	214283.219
142	88	230Ra	34544.238	1753012.875	230.037	214233.203	214278.172
141	89	230Ac	33557.199	1753217.625	230.036	214231.703	214277.188
140	90	230Th	30857.201	1755135.250	230.033	214228.500	214274.484
139	91	230Pa	32166.869	1753043.250	230.035	214229.297	214275.797
138	92	230U	31603.158	1752824.625	230.034	214228.203	214275.219
137	93	230Np	35222.195	1748423.125	230.038	214231.328	214278.844
136	94	230Pu	36929.637	1745933.375	230.040	214232.516	214280.547
144	87	231Fr	42296.000	1754114.000	231.045	215172.969	215217.422
143	88	231Ra	38396.000	1757232.000	231.041	215168.547	215213.516
142	89	231Ac	35910.488	1758935.625	231.039	215165.531	215211.016

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
141	90	231Th	33810.488	1760253.250	231.036	215162.953	215208.938
140	91	231Pa	33420.973	1759860.375	231.036	215162.031	215208.531
139	92	231U	33803.129	1758695.875	231.036	215161.906	215208.922
138	93	231Np	35613.953	1756102.750	231.038	215163.219	215210.734
137	94	231Pu	38432.000	1752503.000	231.041	215165.516	215213.547
136	95	231Am	42439.000	1747713.000	231.046	215169.016	215217.562
145	87	232Fr	46253.000	1758229.000	232.050	216108.406	216152.859
144	88	232Ra	40700.000	1763000.000	232.044	216102.344	216147.312
143	89	232Ac	39143.676	1763773.750	232.042	216100.266	216145.750
142	90	232Th	35443.676	1766691.375	232.038	216096.078	216142.062
141	91	232Pa	35938.637	1765414.125	232.039	216096.047	216142.547
140	92	232U	34601.531	1765968.875	232.037	216094.203	216141.219
139	93	232Np	37352.000	1762436.000	232.040	216096.453	216143.969
138	94	232Pu	38358.398	1760647.250	232.041	216096.938	216144.969
137	95	232Am	43398.000	1754825.000	232.047	216101.453	216150.000
145	88	233Ra	44707.000	1767064.000	233.048	217037.859	217082.828
144	89	233Ac	41498.000	1769491.000	233.045	217034.109	217079.594
143	90	233Th	38728.648	1771477.750	233.042	217030.859	217076.844
142	91	233Pa	37483.531	1771940.500	233.040	217029.094	217075.594
141	92	233U	36913.422	1771728.250	233.040	217028.000	217075.016
140	93	233Np	37941.934	1769917.375	233.041	217028.547	217076.062
139	94	233Pu	40042.656	1767034.375	233.043	217030.125	217078.156
138	95	233Am	43289.000	1763006.000	233.046	217032.844	217081.391
137	96	233Cm	47320.000	1758192.000	233.051	217036.359	217085.422
146	88	234Ra	47085.000	1772758.000	234.051	217971.703	218016.672
145	89	234Ac	45103.000	1773957.000	234.048	217969.219	218014.703
144	90	234Th	40608.938	1777668.750	234.044	217964.219	218010.203
143	91	234Pa	40335.852	1777159.500	234.043	217963.422	218009.922
142	92	234U	38140.578	1778572.500	234.041	217960.719	218007.734

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
141	93	234Np	39950.426	1775980.250	234.043	217962.031	218009.547
140	94	234Pu	40338.043	1774810.250	234.043	217961.906	218009.938
139	95	234Am	44520.000	1769846.000	234.048	217965.562	218014.109
138	96	234Cm	46798.000	1766785.000	234.050	217967.344	218016.406
146	89	235Ac	47601.000	1779530.000	235.051	218903.203	218948.688
145	90	235Th	44250.074	1782099.000	235.048	218899.359	218945.344
144	91	235Pa	42324.062	1783242.625	235.045	218896.922	218943.422
143	92	235U	40914.062	1783870.250	235.044	218894.984	218942.000
142	93	235Np	41037.777	1782964.250	235.044	218894.609	218942.125
141	94	235Pu	42179.441	1781040.250	235.045	218895.234	218943.266
140	95	235Am	44739.000	1777698.000	235.048	218897.297	218945.844
139	96	235Cm	48057.000	1773598.000	235.052	218900.094	218949.156
138	97	235Bk	52704.000	1768169.000	235.057	218904.234	218953.797
147	89	236Ac	51398.000	1783805.000	236.055	219838.516	219884.000
146	90	236Th	46305.000	1788116.000	236.050	219832.906	219878.891
145	91	236Pa	45340.629	1788297.375	236.049	219831.422	219877.922
144	92	236U	42440.629	1790415.000	236.046	219828.016	219875.031
143	93	236Np	43370.098	1788703.250	236.047	219828.438	219875.953
142	94	236Pu	42893.512	1788397.500	236.046	219827.453	219875.484
141	95	236Am	46174.000	1784335.000	236.050	219830.203	219878.750
140	96	236Cm	47883.000	1781843.000	236.051	219831.406	219880.469
139	97	236Bk	53403.000	1775541.000	236.057	219836.422	219885.984
147	90	237Th	50202.000	1792290.000	237.054	220768.297	220814.281
146	91	237Pa	47636.066	1794073.250	237.051	220765.219	220811.719
145	92	237U	45386.066	1795540.875	237.049	220762.453	220809.469
144	93	237Np	44867.500	1795277.125	237.048	220761.422	220808.938
143	94	237Pu	45087.816	1794274.500	237.048	220761.141	220809.172
142	95	237Am	46547.445	1792032.500	237.050	220762.078	220810.625
141	96	237Cm	49268.000	1788530.000	237.053	220764.297	220813.359

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
140	97	237Bk	53214.000	1783802.000	237.057	220767.719	220817.281
139	98	237Cf	57818.000	1778415.000	237.062	220771.812	220821.891
148	90	238Th	52390.000	1798173.000	238.056	221701.984	221747.969
147	91	238Pa	50763.664	1799017.000	238.054	221699.828	221746.328
146	92	238U	47303.664	1801694.625	238.051	221695.859	221742.875
145	93	238Np	47450.730	1800765.250	238.051	221695.516	221743.031
144	94	238Pu	46158.688	1801274.875	238.050	221693.703	221741.734
143	95	238Am	48417.035	1798234.250	238.052	221695.453	221744.000
142	96	238Cm	49384.355	1796484.500	238.053	221695.906	221744.969
141	97	238Bk	54274.000	1790812.000	238.058	221700.297	221749.859
140	98	238Cf	57203.000	1787101.000	238.061	221702.688	221752.766
148	91	239Pa	53216.000	1804636.000	239.057	222633.781	222680.281
147	92	239U	50568.730	1806500.875	239.054	222630.625	222677.641
146	93	239Np	49305.273	1806982.000	239.053	222628.859	222676.375
145	94	239Pu	48583.477	1806921.500	239.052	222627.625	222675.656
144	95	239Am	49386.391	1805336.250	239.053	222627.922	222676.469
143	96	239Cm	51186.000	1802754.000	239.055	222629.188	222678.250
142	97	239Bk	54364.000	1798794.000	239.058	222631.875	222681.438
141	98	239Cf	58292.000	1794084.000	239.063	222635.281	222685.359
149	91	240Pa	56802.000	1809121.000	240.061	223568.859	223615.359
148	92	240U	52709.266	1812431.750	240.057	223564.266	223611.281
147	93	240Np	52320.918	1812037.750	240.056	223563.391	223610.906
146	94	240Pu	50121.320	1813454.875	240.054	223560.656	223608.688
145	95	240Am	51500.270	1811293.625	240.055	223561.516	223610.062
144	96	240Cm	51715.652	1810295.875	240.056	223561.219	223610.281
143	97	240Bk	55656.000	1805574.000	240.060	223564.641	223614.203
142	98	240Cf	58027.000	1802420.000	240.062	223566.500	223616.578
141	99	240Es	64199.000	1795466.000	240.069	223572.172	223622.766
149	92	241U	56197.000	1817015.000	241.060	224499.250	224546.266

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
148	93	241Np	54256.039	1818173.875	241.058	224496.797	224544.312
147	94	241Pu	52951.039	1818696.500	241.057	224494.984	224543.016
146	95	241Am	52930.223	1817935.000	241.057	224494.422	224542.969
145	96	241Cm	53697.582	1816385.250	241.058	224494.688	224543.750
144	97	241Bk	56098.000	1813203.000	241.060	224496.594	224546.156
143	98	241Cf	59351.000	1809167.000	241.064	224499.328	224549.406
142	99	241Es	63959.000	1803777.000	241.069	224503.406	224554.000
150	92	242U	58614.000	1822669.000	242.063	225433.156	225480.172
149	93	242Np	57413.000	1823088.000	242.062	225431.438	225478.953
148	94	242Pu	54713.012	1825005.875	242.059	225428.234	225476.266
147	95	242Am	55463.977	1823472.625	242.060	225428.469	225477.016
146	96	242Cm	54799.156	1823355.000	242.059	225427.297	225476.359
145	97	242Bk	57799.000	1819573.000	242.062	225429.781	225479.344
144	98	242Cf	59325.645	1817263.875	242.064	225430.797	225480.875
143	99	242Es	64924.000	1810883.000	242.070	225435.891	225486.484
142	100	242Fm	68400.000	1806625.000	242.073	225438.859	225489.953
150	93	243Np	59870.000	1828703.000	243.064	226365.391	226412.906
149	94	243Pu	57749.836	1830040.375	243.062	226362.766	226410.797
148	95	243Am	57168.281	1829839.625	243.061	226361.672	226410.219
147	96	243Cm	57177.188	1829048.375	243.061	226361.156	226410.219
146	97	243Bk	58685.574	1826757.625	243.063	226362.172	226411.734
145	98	243Cf	60939.000	1823722.000	243.065	226363.922	226414.000
144	99	243Es	64861.000	1819018.000	243.070	226367.312	226417.906
143	100	243Fm	69406.000	1813691.000	243.075	226371.359	226422.453
151	93	244Np	63202.000	1833442.000	244.068	227300.234	227347.750
150	94	244Pu	59799.719	1836061.875	244.064	227296.312	227344.344
149	95	244Am	59875.895	1835203.250	244.064	227295.859	227344.406
148	96	244Cm	58447.840	1835849.000	244.063	227293.938	227343.000
147	97	244Bk	60703.480	1832811.000	244.065	227295.688	227345.250

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
146	98	244Cf	61469.645	1831262.500	244.066	227295.922	227346.000
145	99	244Es	66107.000	1825843.000	244.071	227300.047	227350.641
144	100	244Fm	69002.000	1822165.000	244.074	227302.453	227353.547
151	94	245Pu	63098.145	1840834.750	245.068	228231.109	228279.141
150	95	245Am	61893.480	1841257.000	245.066	228229.391	228277.938
149	96	245Cm	60999.422	1841368.750	245.065	228227.969	228277.031
148	97	245Bk	61809.637	1839776.125	245.066	228228.266	228277.828
147	98	245Cf	63378.000	1837425.000	245.068	228229.328	228279.406
146	99	245Es	66432.000	1833589.000	245.071	228231.875	228282.469
145	100	245Fm	70212.000	1829027.000	245.075	228235.156	228286.250
144	101	245Md	75467.000	1822989.000	245.081	228239.906	228291.516
152	94	246Pu	65389.406	1846614.750	246.070	229164.875	229212.906
151	95	246Am	64988.871	1846233.000	246.070	229163.984	229212.531
150	96	246Cm	62612.734	1847826.750	246.067	229161.078	229210.141
149	97	246Bk	63962.734	1845694.375	246.069	229161.922	229211.484
148	98	246Cf	64085.668	1844789.125	246.069	229161.531	229211.609
147	99	246Es	67966.000	1840126.000	246.073	229164.906	229215.500
146	100	246Fm	70124.383	1837185.750	246.075	229166.562	229217.656
145	101	246Md	76320.000	1830208.000	246.082	229172.250	229223.859
153	94	247Pu	68996.000	1851080.000	247.074	230099.984	230148.016
152	95	247Am	67148.000	1852146.000	247.072	230097.625	230146.172
151	96	247Cm	65527.621	1852983.125	247.070	230095.500	230144.562
150	97	247Bk	65482.652	1852245.750	247.070	230094.938	230144.500
149	98	247Cf	66128.648	1850817.500	247.071	230095.078	230145.156
148	99	247Es	68604.000	1847560.000	247.074	230097.031	230147.625
147	100	247Fm	71556.000	1843825.000	247.077	230099.484	230150.578
146	101	247Md	76200.000	1838399.000	247.082	230103.609	230155.219
153	95	248Am	70556.000	1856808.000	248.076	231032.531	231081.078
152	96	248Cm	67386.359	1859195.750	248.072	231028.844	231077.906

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
151	97	248Bk	68074.000	1857726.000	248.073	231029.031	231078.594
150	98	248Cf	67233.438	1857784.000	248.072	231027.672	231077.750
149	99	248Es	70289.000	1853946.000	248.075	231030.203	231080.797
148	100	248Fm	71896.805	1851555.875	248.077	231031.312	231082.406
147	101	248Md	77229.000	1845441.000	248.083	231036.141	231087.750
154	95	249Am	73104.000	1862332.000	249.078	231966.562	232015.109
153	96	249Cm	70744.219	1863909.250	249.076	231963.703	232012.766
152	97	249Bk	69843.352	1864027.750	249.075	231962.297	232011.859
151	98	249Cf	69719.352	1863369.375	249.075	231961.656	232011.734
150	99	249Es	71170.000	1861136.000	249.076	231962.578	232013.172
149	100	249Fm	73611.000	1857913.000	249.079	231964.531	232015.625
148	101	249Md	77316.000	1853426.000	249.083	231967.719	232019.328
147	102	249No	81807.000	1848153.000	249.088	231971.703	232023.828
154	96	250Cm	72983.188	1869741.625	250.078	232897.422	232946.484
153	97	250Bk	72945.773	1868996.625	250.078	232896.891	232946.453
152	98	250Cf	71166.086	1869994.000	250.076	232894.594	232944.672
151	99	250Es	73266.000	1867112.000	250.079	232896.188	232946.781
150	100	250Fm	74067.508	1865527.875	250.080	232896.484	232947.578
149	101	250Md	78700.000	1860113.000	250.084	232900.578	232952.188
148	102	250No	81499.000	1856531.000	250.087	232902.875	232955.000
155	96	251Cm	76641.336	1874154.750	251.082	233832.578	233881.641
154	97	251Bk	75221.336	1874792.375	251.081	233830.656	233880.219
153	98	251Cf	74128.336	1875103.000	251.080	233829.062	233879.141
152	99	251Es	74504.227	1873944.875	251.080	233828.906	233879.500
151	100	251Fm	75978.664	1871688.000	251.082	233829.891	233880.984
150	101	251Md	79101.000	1867783.000	251.085	233832.484	233884.094
149	102	251No	82866.000	1863236.000	251.089	233835.734	233887.859
148	103	251Lr	87896.000	1857424.000	251.094	233840.266	233892.906
156	96	252Cm	79056.000	1879812.000	252.085	234766.484	234815.547

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
155	97	252Bk	78528.000	1879557.000	252.084	234765.453	234815.016
154	98	252Cf	76028.141	1881274.625	252.082	234762.438	234812.516
153	99	252Es	77288.141	1879232.250	252.083	234763.188	234813.781
152	100	252Fm	76811.047	1878927.000	252.082	234762.203	234813.297
151	101	252Md	80695.000	1874260.000	252.087	234765.578	234817.188
150	102	252No	82871.195	1871302.125	252.089	234767.234	234819.359
149	103	252Lr	88799.000	1864592.000	252.095	234772.641	234825.281
156	97	253Bk	80929.000	1885228.000	253.087	235699.359	235748.922
155	98	253Cf	79295.086	1886079.000	253.085	235697.188	235747.266
154	99	253Es	79007.422	1885584.250	253.085	235696.406	235747.000
153	100	253Fm	79341.164	1884468.125	253.085	235696.250	235747.344
152	101	253Md	81301.000	1881726.000	253.087	235697.672	235749.281
151	102	253No	84439.000	1877806.000	253.091	235700.297	235752.422
150	103	253Lr	88732.000	1872730.000	253.095	235704.078	235756.719
149	104	253Db	93782.000	1866898.000	253.101	235708.625	235761.766
157	97	254Bk	84393.000	1889834.000	254.091	236634.297	236683.859
156	98	254Cf	81334.500	1892110.875	254.087	236630.734	236680.812
155	99	254Es	81986.391	1890676.625	254.088	236630.875	236681.469
154	100	254Fm	80898.188	1890982.500	254.087	236629.297	236680.391
153	101	254Md	83578.000	1887520.000	254.090	236631.453	236683.062
152	102	254No	84718.195	1885597.750	254.091	236632.062	236684.188
151	103	254Lr	89971.000	1879563.000	254.097	236636.812	236689.453
150	104	254Db	93304.000	1875447.000	254.100	236639.641	236692.781
157	98	255Cf	84803.000	1896714.000	255.091	237565.688	237615.766
156	99	255Es	84082.586	1896651.750	255.090	237564.469	237615.062
155	100	255Fm	83792.961	1896159.000	255.090	237563.672	237614.766
154	101	255Md	84835.984	1894333.625	255.091	237564.188	237615.797
153	102	255No	86845.453	1891541.875	255.093	237565.688	237617.812
152	103	255Lr	90140.000	1887465.000	255.097	237568.469	237621.109

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
151	104	255Db	94539.000	1882284.000	255.101	237572.375	237625.516
150	105	255Jl	100041.000	1876000.000	255.107	237577.359	237631.016
158	98	256Cf	87039.000	1902549.000	256.093	238499.438	238549.516
157	99	256Es	87180.000	1901626.000	256.094	238499.062	238549.656
156	100	256Fm	85479.953	1902543.375	256.092	238496.859	238547.953
155	101	256Md	87609.562	1899631.375	256.094	238498.469	238550.078
154	102	256No	87817.398	1898641.250	256.094	238498.156	238550.281
153	103	256Lr	91997.000	1893679.000	256.099	238501.812	238554.453
152	104	256Db	94248.148	1890645.750	256.101	238503.594	238556.734
151	105	256Jl	100704.000	1883407.000	256.108	238509.531	238563.188
158	99	257Es	89403.000	1907474.000	257.096	239432.766	239483.359
157	100	257Fm	88583.797	1907510.875	257.095	239431.453	239482.547
156	101	257Md	88989.930	1906322.375	257.096	239431.359	239482.969
155	102	257No	90217.766	1904312.125	257.097	239432.062	239484.188
154	103	257Lr	92782.000	1900965.000	257.100	239434.109	239486.750
153	104	257Db	96011.000	1896954.000	257.103	239436.812	239489.953
152	105	257Jl	100469.000	1891713.000	257.108	239440.766	239494.422
158	100	258Fm	90419.000	1913747.000	258.097	240364.797	240415.891
157	101	258Md	91682.578	1911701.000	258.098	240365.531	240417.141
156	102	258No	91473.000	1911128.000	258.098	240364.812	240416.938
155	103	258Lr	94903.000	1906916.000	258.102	240367.734	240420.375
154	104	258Db	96473.000	1904563.000	258.104	240368.797	240421.938
153	105	258Jl	101941.000	1898313.000	258.109	240373.734	240427.391
152	106	258Rf	105399.000	1894073.000	258.113	240376.688	240430.859
159	100	259Fm	93697.000	1918540.000	259.101	241299.547	241350.641
158	101	259Md	93617.000	1917837.000	259.100	241298.953	241350.562
157	102	259No	94103.000	1916569.000	259.101	241298.922	241351.047
156	103	259Lr	95935.000	1913955.000	259.103	241300.250	241352.891
155	104	259Db	98392.000	1910716.000	259.106	241302.203	241355.344

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
154	105	259Jl	102205.000	1906121.000	259.110	241305.516	241359.172
153	106	259Rf	106798.000	1900745.000	259.115	241309.578	241363.750
159	101	260Md	96545.000	1922981.000	260.104	242233.375	242284.984
158	102	260No	95605.000	1923139.000	260.103	242231.922	242284.047
157	103	260Lr	98340.000	1919621.000	260.106	242234.141	242286.781
156	104	260Db	99142.000	1918037.000	260.106	242234.453	242287.594
155	105	260Jl	103794.000	1912603.000	260.111	242238.578	242292.234
154	106	260Rf	106595.914	1909018.500	260.114	242240.875	242295.047
153	107	260Bh	113459.000	1901373.000	260.122	242247.219	242301.891
159	102	261No	98499.000	1928317.000	261.106	243166.312	243218.438
158	103	261Lr	99615.000	1926418.000	261.107	243166.906	243219.547
157	104	261Db	101302.000	1923949.000	261.109	243168.109	243221.250
156	105	261Jl	104426.000	1920042.000	261.112	243170.719	243224.375
155	106	261Rf	108238.000	1915447.000	261.116	243173.984	243228.156
154	107	261Bh	113456.000	1909447.000	261.122	243178.719	243233.391
160	102	262No	100154.000	1934732.000	262.108	244099.453	244151.578
159	103	262Lr	102177.000	1931927.000	262.110	244100.984	244153.625
158	104	262Db	102388.000	1930934.000	262.110	244100.688	244153.828
157	105	262Jl	106333.000	1926206.000	262.114	244104.125	244157.781
156	106	262Rf	108498.000	1923259.000	262.116	244105.766	244159.938
155	107	262Bh	114582.000	1916393.000	262.123	244111.344	244166.016
160	103	263Lr	103762.000	1938413.000	263.111	245034.047	245086.688
159	104	263Db	104830.000	1936563.000	263.113	245034.625	245087.766
158	105	263Jl	107194.000	1933417.000	263.115	245036.469	245090.125
157	106	263Rf	110208.000	1929620.000	263.118	245038.969	245093.141
156	107	263Bh	114710.000	1924336.000	263.123	245042.953	245097.625
155	108	263Hn	119893.000	1918371.000	263.129	245047.609	245102.797
160	104	264Db	106170.000	1943295.000	264.114	245967.453	246020.594
159	105	264Jl	109425.000	1939257.000	264.117	245970.188	246023.844

N	Z	elem	Δm (MeV)	B.E. (MeV)	amu	m_{nucl} (MeV)	m_{atom} (MeV)
158	106	264Rf	110777.000	1937123.000	264.119	245971.031	246025.203
157	107	264Bh	116186.000	1930932.000	264.125	245975.938	246030.609
156	108	264Hn	119611.508	1926723.500	264.128	245978.859	246034.047
160	105	265Jl	110530.000	1946224.000	265.119	246902.781	246956.438
159	106	265Rf	112772.000	1943199.000	265.121	246904.516	246958.688
158	107	265Bh	116621.000	1938568.000	265.125	246907.875	246962.547
157	108	265Hn	121096.000	1933311.000	265.130	246911.828	246967.016
156	109	265Mt	127211.000	1926413.000	265.137	246917.422	246973.125
160	106	266Rf	113575.000	1950468.000	266.122	247836.797	247890.969
159	107	266Bh	118308.000	1944952.000	266.127	247841.047	247895.719
158	108	266Hn	121133.000	1941345.000	266.130	247843.344	247898.531
157	109	266Mt	128490.000	1933205.000	266.138	247850.203	247905.906
160	107	267Bh	118989.000	1952342.000	267.128	248773.219	248827.891
159	108	267Hn	122746.000	1947803.000	267.132	248776.469	248831.656
158	109	267Mt	128105.000	1941662.000	267.138	248781.297	248837.000
157	110	267Xa	134094.000	1934890.000	267.144	248786.797	248843.000
160	108	268Hn	123102.000	1955518.000	268.132	249708.328	249763.516
159	109	268Mt	129306.000	1948532.000	268.139	249714.016	249769.719
158	110	268Xa	133696.000	1943359.000	268.144	249717.891	249774.094
161	108	269Hn	124927.000	1961765.000	269.134	250641.641	250696.828
160	109	269Mt	129576.000	1956333.000	269.139	250645.766	250701.469
159	110	269Xa	135200.000	1949927.000	269.145	250650.891	250707.094
161	109	270Mt	131083.000	1962898.000	270.141	251578.781	251634.484
160	110	270Xa	134718.000	1958480.000	270.145	251581.922	251638.125
162	109	271Mt	131554.000	1970498.000	271.141	252510.703	252566.406
161	110	271Xa	136070.000	1965199.000	271.146	252514.750	252570.953
162	110	272Xa	136287.000	1973054.000	272.146	253446.453	253502.656
161	111	272Xb	142963.000	1965596.000	272.153	253452.609	253509.328
163	110	273Xa	139021.000	1978392.000	273.149	254380.703	254436.906