

Half-Lives and Masses for Selected Nuclides

All masses (third column) are given in amu

¹ n	614 s	1.00866
³ H	12.33 d	3.01605
⁴ H	1.9×10^{-22} s	4.02781
⁵ H	8×10^{-23} s	5.03531
⁶ H	3×10^{-22} s	6.04494
⁶ He	0.805 s	6.01889
⁷ Be	53.28 d	7.01693
⁸ Li	0.844 s	8.02249
⁹ B	8×10^{-19} s	9.01333
¹⁰ Be	1.52×10^6 y	10.01353
¹⁰ C	19.3 s	10.01685
¹¹ C	20.3 m	11.01143
¹² B	0.0204 s	12.01435
¹⁴ C	5715 y	14.00324
¹⁵ C	2.45 s	15.01060
¹⁵ O	124 s	15.00307
¹⁸ F	1.82951 h	18.00094
²² Na	950.97 d	21.99444
²⁴ Na	14.9512 h	23.99096
³¹ Si	2.62 h	30.97536
³² P	14.28 d	31.97391
³³ Cl	2.511 s	32.97745
³³ Ar	174 ms	32.98993
³⁵ S	87.2 d	34.96903
⁴⁰ K	1.26×10^9 y	39.96400
⁴¹ Ar	1.82 h	40.96450
⁴⁴ Ti	22154 d	43.95969
⁴⁶ Sc	83.831 d	45.95517
⁵¹ Cr	27.7010 d	50.94477
⁵⁴ Mn	312.028 d	53.94036
⁵⁵ Fe	2.73 y	54.93829
⁵⁷ Co	272.11 d	56.93629
⁵⁸ Co	70.77 d	57.93575
⁵⁹ Fe	44.5074 d	58.93488
⁵⁹ Cu	1.36 m	58.93950
⁶² Cu	9.67 m	61.93258
⁶⁴ Cu	12.701 h	63.92976
⁶⁵ Zn	244.164 d	64.92924
⁶⁷ Ga	3.26154 d	66.92820
⁷⁴ As	17.8 d	73.92393

⁷⁵ Se	119.809 d	74.92252
⁷⁷ As	38.8 h	76.92065
⁷⁷ Rb	3.8 m	76.93041
⁷⁸ Y	5.8 s	77.94361
⁷⁹ Se	1.1×10^6 y	78.91850
⁸² Br	1.471 d	81.91680
⁸² Sr	25.36 d	81.91840
⁸⁵ Kr	3934.4 d	84.91253
⁸⁵ Sr	64.8530 d	84.91293
⁸⁷ Rb	4.9×10^{10} y	86.90918
⁸⁸ Y	106.626 d	87.90950
⁹⁰ Sr	29.1 y	89.90774
⁹⁸ Tc	4.2×10^6 y	97.90722
⁹⁹ Mo	65.9239 h	98.90771
¹⁰¹ Mo	14.6 m	100.91035
¹⁰⁵ Nb	3.0 s	104.92394
¹⁰⁹ Cd	463.26 d	108.90498
¹¹⁰ Ag	249.950 d	109.90611
¹¹¹ In	2.80477 d	110.90510
¹¹³ Sn	115.079 d	112.90517
¹¹⁵ In	5×10^{14} y	114.90388
¹¹⁶ Ag	2.68 m	115.91137
¹¹⁷ Sn	14.00 d	116.90295
¹²³ I	13.2235 h	122.90559
¹²³ Te	2.4×10^{19} y	122.90427
¹²⁵ I	59.49 d	124.90463
¹²⁵ Sb	1007.56 d	124.90525
¹²⁷ Xe	36.3446 d	126.90518
¹³¹ I	8.0197 d	130.90612
¹³¹ Xe	11.934 d	130.90508
¹³³ Ba	3853.6 d	132.90601
¹³³ La	3.91 h	132.90822
¹³³ Xe	5.24747 d	132.90591
¹³⁴ Cs	753.88 d	133.90672
¹³⁷ Cs	11015 d	136.90709
¹³⁹ Ba	1.396 h	138.90884
¹³⁹ Ce	137.734 d	138.90665
¹⁴⁰ Ba	12.7527 d	139.91061
¹⁴⁰ La	40.293 h	139.90948
¹⁴¹ Ce	32.50 d	140.90828

¹⁴⁴ Ce	284.558 d	143.91365
¹⁴⁴ Nd	5 × 10 ¹⁵ y	143.91009
¹⁴⁸ Dy	3.1 m	147.92715
¹⁴⁹ Sm	4 × 10 ¹⁴ y	148.91718
¹⁵² Eu	4945.5 d	151.92174
¹⁵³ Gd	239.472 d	152.92175
¹⁵³ Sm	46.2853 h	152.92210
¹⁵⁴ Eu	3138.2 d	153.92298
¹⁵⁴ Tb	21.5 h	153.92469
¹⁵⁵ Eu	1738.97 d	154.92289
¹⁶⁶ Ho	26.7663 h	165.93228
¹⁶⁹ Yb	32.0147 d	168.93519
¹⁷⁶ Hg	21 ms	175.98736
¹⁷⁷ Lu	6.64 d	176.94376
¹⁸¹ Au	11.4 s	180.97008
¹⁸¹ W	121.095 d	180.94820
¹⁸³ Ir	57 m	182.95685
¹⁸⁵ Pt	1.18 h	184.96062
¹⁸⁶ Os	2 × 10 ¹⁵ y	185.95384
¹⁸⁶ Re	89.248 h	185.95499
¹⁸⁷ Re	7 × 10 ¹⁰ y	186.95575
¹⁸⁸ Ir	1.72 d	187.95885
¹⁸⁸ Re	17.021 h	187.95811
¹⁹⁰ Pt	6.1 × 10 ¹¹ y	189.95993
¹⁹² Ir	73.810 d	191.96261
¹⁹⁵ Au	186.098 d	194.96503
¹⁹⁸ Au	2.69517 d	197.96824
²⁰¹ Tl	3.0456 d	200.97082
²⁰² Tl	12.466 d	201.97211
²⁰³ Hg	46.619 d	202.97287
²⁰³ Pb	51.923 h	202.97339
²⁰⁴ Pb	1.4 × 10 ¹⁷ y	203.97304
²⁰⁵ Pb	1.51 × 10 ⁷ y	204.97448
²⁰⁷ Bi	11523 d	206.97847
²⁰⁸ Po	2.898 y	207.98125
²¹² Bi	60.6 m	211.99129
²¹³ At	0.11 μs	212.99294
²¹⁴ Po	1.637 × 10 ⁻⁴ s	213.99520
²¹⁴ Pa	17 ms	214.02093
²¹⁸ At	1.6 s	218.00869
²¹⁸ Po	3.0 m	218.00897
²¹⁸ Th	0.11 μs	218.01328
²¹⁹ Pa	0.05 μs	219.01989
²²² Rn	3.82 d	222.01758

²²³ Ra	11.7 d	223.01850
²²⁴ Ra	3.64 d	224.02021
²²⁵ Ra	14.8 d	225.02361
²²⁶ Ra	1620 y	226.02541
²²⁸ Ra	6.7 y	228.03107
²²⁸ Th	698.60 d	228.02874
²³⁰ Th	8 × 10 ⁴ y	230.03313
²³¹ U	4.2 d	231.03629
²³² Th	1.40 × 10 ¹⁰ y	232.03806
²³² Pa	1.31 d	232.03859
²³² U	72 y	232.03716
²³³ Pa	27 d	233.04025
²³³ U	1.6 × 10 ⁵ y	233.03964
²³³ Pu	20.9 m	233.04301
²³⁴ Pa	6.69 h	234.04331
²³⁴ U	2.4 × 10 ⁵ y	234.04095
²³⁵ Pa	24.4 m	235.04545
²³⁵ U	7.05 × 10 ⁸ y	235.04393
²³⁵ Np	1.085 y	235.04406
²³⁷ U	6.75 d	237.04873
²³⁷ Pu	45.7 d	237.04841
²³⁸ U	4.46 × 10 ⁹ y	238.05079
²³⁹ Np	2.355 d	239.05294
²³⁹ Pu	2.41 × 10 ⁴ y	239.05216
²⁴¹ Am	432.7 y	241.05683
²⁴¹ Cm	32.8 d	241.05765
²⁴² Bk	7.0 m	242.06198
²⁴⁴ Bk	4.4 h	244.06518
²⁴⁵ Pu	10.5 h	245.06775
²⁵⁰ Bk	3.217 h	250.07832
²⁵¹ Cf	9.0 × 10 ² y	251.07959
²⁵⁵ Fm	20.1 h	255.08996
²⁵⁷ Fm	100.5 d	257.09511
²⁵⁸ Md	56 d	258.09843
²⁶⁰ Lr	3 m	260.10550
²⁶¹ Bh	12 ms	261.12166
²⁶¹ Rf	1.1 m	261.10877
²⁶⁸ Mt	0.07 s	268.13873

Lide, David R. *CRC Handbook*, 83rd ed., CRC Press: Boca Raton, Florida, 2002; p 11-51 – 11-213.