

137.33 Ba 56 barium	138.9055 La 57 lanthanum	140.12 Ce 58 cerium	140.9077 Pr 59 praseodymium	144.24 Nd 60 neodymium	145 Pm 61 promethium	150.36 Sm 62 samarium	151.965 Eu 63 europium	157.25 Gd 64 gadolinium	158.9253 Tb 65 terbium	162.5 Dy 66 dysprosium	164.9303 Ho 67 holmium	167.26 Er 68 erbium	168.9342 Tm 69 thulium	173.04 Yb 70 ytterbium	174.967 Lu 71 lutetium	178.49 Hf 72 hafnium
226.0254 Ra 88 radium	227 Ac 89 actinium	232.0381 Th 90 thorium	231.0359 Pa 91 protactinium	238.029 U 92 uranium	237.0482 Np 93 neptunium	244 Pu 94 plutonium	243 Am 95 americium	247 Cm 96 curium	247 Bk 97 berkelium	251 Cf 98 californium	252 Es 99 einsteinium	257 Fm 100 fermium	258 Md 101 mendelevium	259 No 102 nobelium	260 Lr 103 lawrencium	267 Rf 104 rutherfordium