

^{140}Pm $Z = 61$ $N = 79$ adopted link ENSDF link

Based on ENSDF from Oct 2022, and mass evaluation from 2020

BE = 1160.473 (0.024) MeV

Qbeta+ = 6.045 (0.024) MeV

	Energy T	J+	J-	J-other	T1/2

S-alpha=	-0.703	(0.027)	-----		
140PM 1	0.000	1+			1 9.2 S 2
140PM 2				0.140 (2)-	2
140PM 3				0.225 0+,1+,2+	3
140PM 4				0.261 (1,2,3)+	4
140PM 5				0.335 +	5
140PM 6				0.340 (1,2)+	6
140PM 7				0.345 +	7
140PM 8	0.415	1+			8

S-p = 3.484 (0.037)-----

S-n = 8.782 (0.028)-----

S-2p = 9.661 (0.026)-----

S-2n = 19.440 (0.027)-----

S-alpha= -0.703 (0.027)-----

S+p = -5.011 (0.026)

S+n = -10.382 (0.028)

S+2p = -7.675 (0.039)

S+2n = -19.072 (0.034)

S+alpha = 0.168 (0.027)

gap p = -1.527 (0.045)

gap n = -1.600 (0.039)

gap 2p = 1.986 (0.047)

gap 2n = 0.368 (0.043)

gap alpha = -0.536 (0.038)