

^{142}Pm $Z = 61$ $N = 81$ adopted link ENSDF link

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

BE = 1179.546 (0.024) MeV

Qbeta+ = 4.808 (0.024) MeV

	Energy T	J+	J-	J-other	T1/2
142PM 1	0.000	1+			1 40.5 S 5
142PM 2				0.209 (2)+	2
142PM 3				0.241 (3)+	3 1.1 NS 3
142PM 4				0.412 (3)+	4
S-alpha= 0.438 (0.026)					
142PM 5				0.449 (5)+	5 16.5 NS 15
142PM 6				0.460 (4)+	6
142PM 7				0.496 (2)+	7
142PM 8				0.513 (3)+	8
142PM 9				0.618 (2)+	9
142PM 10				0.678 (2)-	10
142PM 11				0.707 (4)+	11
142PM 12				0.860	12
142PM 13				0.883 (8)-	13 2.0 MS 2
142PM 14				0.981 (3)-	14
142PM 15				0.998 (5)-	15
142PM 16				1.024 (6)-	16
142PM 17				1.077 (4)-	17
142PM 18				1.078 (5)	18
142PM 19				1.164 (4)-	19
142PM 20				1.185 (5)-	20
142PM 21				1.191 (7)-	21
142PM 22				1.237	22
142PM 23				1.310 (9)-	23
142PM 24				1.335	24
142PM 25				1.765 (9+)	25
142PM 26				1.809 (10+)	26
142PM 27				2.190 (11+)	27
142PM 28				2.829 (13-)	28 67 US 5
142PM 29				3.144 (14-)	29 0.69 NS LT
142PM 30				3.300 (12+)	30
142PM 31				3.507	31
142PM 32				3.738 (13+)	32
142PM 33				3.798 (13+)	33
142PM 34				3.820 (14)	34 0.8 NS 5
142PM 35				3.872 (15)	35
142PM 36				3.887 (14-)	36

142PM	37				4.015	(16)	37	9 NS	4
142PM	38				4.062	(15)	38		
142PM	39				4.073		39		
142PM	40				4.186		40		

142PM	41				4.237	(17)	41	2.8 NS	9
S-p	=	4.239	(0.024)	-----				
142PM	42				4.325		42		
142PM	43				4.340	(16)	43		
142PM	44				4.392		44		
142PM	45				4.641		45		
142PM	46				4.774		46		
142PM	47				4.787		47		
142PM	48				4.970	(16)	48		
142PM	49				5.008	(18)	49		
142PM	50				5.032		50		

142PM	51				5.357		51		
142PM	52				5.615	(19)	52		
142PM	53				5.618	(19)	53		
142PM	54				5.672		54		
142PM	55				5.810	(20)	55		
142PM	56				6.476	(21)	56		
142PM	57				6.815	(21)	57		
142PM	58				7.030	(22)	58		

S-p = 4.239 (0.024)-----
S-n = 8.690 (0.027)-----
S-2p = 11.033 (0.024)-----
S-2n = 19.072 (0.034)-----
S-alpha= 0.438 (0.026)-----

S+p = -5.664 (0.024)
S+n = -9.890 (0.024)
S+2p = -9.055 (0.026)
S+2n = -16.417 (0.024)
S+alpha = 1.599 (0.024)

gap p = -1.425 (0.034)
gap n = -1.200 (0.036)
gap 2p = 1.978 (0.036)
gap 2n = 2.655 (0.041)
gap alpha = 2.037 (0.035)