

^{143}Pm $Z = 61$ $N = 82$ adopted link ENSDF link

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

BE = 1189.436 (0.003) MeV

Qbeta+ = 1.042 (0.003) MeV

	Energy T	J+	J-	J-other	T1/2
143PM 1	0.000	5/2+			1 265 D 7
143PM 2	0.272	7/2+			2 1.06 NS 8
S-alpha= 0.557 (0.005)					
143PM 3			0.960	11/2-	3 24.0 NS 7
143PM 4	1.057	3/2+			4
143PM 5	1.173	1/2+			5
143PM 6				1.260 (9/2)	6
143PM 7				1.286 (3/2,5/2)	7
143PM 8	1.403	3/2+			8
143PM 9	1.456	9/2+			9
143PM 10				1.515 3/2+,5/2+	10
143PM 11				1.559 (+)	11
143PM 12				1.566 (5/2+)	12
143PM 13				1.566 (9/2)+	13
143PM 14				1.614 5/2+,3/2+	14
143PM 15	1.663	11/2+			15
143PM 16	1.753	1/2+			16
143PM 17				1.817	17
143PM 18				1.825	18
143PM 19				1.854	19
143PM 20	1.898	15/2+			20 10.5 NS 4
143PM 21			1.951	13/2-	21
143PM 22				1.969	22
143PM 23				2.007	23
143PM 24			2.060	13/2-	24
143PM 25				2.081	25
143PM 26				2.108	26
143PM 27				2.233	27
143PM 28				2.274 3/2+,5/2+	28
143PM 29				2.281 (5/2)+	29
143PM 30	2.287	17/2+			30 0.7 NS LT
143PM 31				2.331 3/2+,5/2+	31
143PM 32				2.410	32
143PM 33			2.437	15/2-	33
143PM 34				2.444	34
143PM 35				2.465	35
143PM 36				2.548 3/2+,5/2+	36

143PM 37						2.614				37	
143PM 38						2.712				38	
143PM 39						2.732				39	
143PM 40						2.747				40	

143PM 41						2.777				41	
143PM 42						2.864				42	
143PM 43						2.882	(17/2-)			43	
143PM 44						2.905				44	
143PM 45				2.930	19/2-					45 1.95 NS 40	
143PM 46						2.956				46	
143PM 47				3.013	21/2-					47	
143PM 48						3.053				48	
143PM 49						3.061				49	
143PM 50						3.076	(19/2-)			50	

143PM 51						3.098				51	
143PM 52						3.213				52	
143PM 53						3.357				53	
143PM 54				3.377	21/2-					54	
143PM 55				3.390	23/2-					55	
143PM 56						3.524	(23/2)			56	
143PM 57				3.602	23/2-					57	
143PM 58						3.780				58	
143PM 59						3.840				59	
143PM 60						3.872				60	

143PM 61						3.908				61	
143PM 62		4.281	25/2+							62 1.8 NS 5	
143PM 63				4.293	25/2-					63	
S-p	=	4.300	(0.003)	-----							
143PM 64		4.386	27/2+							64	
143PM 65				4.580	27/2-					65	
143PM 66				4.732	27/2-					66	
143PM 67				4.993	29/2-					67	
143PM 68						5.000	(9/2)+			68	
143PM 69				5.116	31/2-					69	
143PM 70		5.628	31/2+							70 1.0 NS 6	

143PM 71						6.076	(33/2-)			71	
143PM 72						6.243	(35/2+)			72	
143PM 73		6.298	35/2+							73	
143PM 74		6.769	37/2+							74	
143PM 75		7.829	41/2+							75	
143PM 76		8.073	45/2+							76	
143PM 77						8.398	(47/2+)			77	
143PM 78						8.839				78	
143PM 79						9.069				79	
143PM 80						9.867				80	

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S-p    =  4.300 ( 0.003)-----
S-n    =  9.890 ( 0.024)-----
S-2p   = 11.524 ( 0.003)-----
S-2n   = 18.580 ( 0.014)-----
S-alpha=  0.557 ( 0.005)-----

S+p    = -6.294 ( 0.003)
S+n    = -6.527 ( 0.004)
S+2p   = -9.609 ( 0.004)
S+2n   = -14.449 ( 0.004)
S+alpha =  2.991 ( 0.004)

gap p   = -1.994 ( 0.005)
gap n   =  3.364 ( 0.024)
gap 2p  =  1.915 ( 0.005)
gap 2n  =  4.131 ( 0.015)
gap alpha =  3.548 ( 0.006)
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