

$^{144}\text{Pm}$        $Z = 61$        $N = 83$       adopted link      ENSDF link

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

BE = 1195.963 ( 0.003) MeV  
 Qbeta- = 0.549 ( 0.003) MeV  
 Qbeta+ = 2.332 ( 0.003) MeV

	Energy T	J+	J-	J-other	T1/2
-----					
S-alpha=	-0.845	( 0.007)	-----		
144PM 1			0.000	5-	1 363 D 14
144PM 2				0.061 (4)-	2
144PM 3				0.067 (3)-	3
144PM 4				0.080 (2)-	4
144PM 5				0.172 (6)-	5
144PM 6				0.195 (5)-	6
144PM 7				0.207 (4)-	7
144PM 8				0.232 (6)-	8
144PM 9				0.250 (1)-	9
144PM 10				0.279 (3)-	10
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144PM 11				0.363 (2)-	11
144PM 12				0.514 (7)-	12
144PM 13				0.785	13
144PM 14				0.841 (9)+	14 0.78 US 20
144PM 15				-	15
144PM 16				0.896	16
144PM 17				0.899 (2,3)+	17
144PM 18				0.943	18
144PM 19				0.948 (4,5)+	19
144PM 20				0.979 (-)	20
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144PM 21				1.022 (2,3)+	21
144PM 22				1.080 (4-,5-)	22
144PM 23				1.104 +	23
144PM 24				1.127 +	24
144PM 25				1.184 -	25
144PM 26				1.214 +	26
144PM 27				1.243	27
144PM 28				1.274 (10+)	28
144PM 29				1.278	29
144PM 30				1.337	30
-----					
144PM 31				1.377	31
144PM 32				1.426	32
144PM 33				1.451 +	33
144PM 34				1.455 (8)	34
144PM 35				1.468	35

144PM	36				1.501		36
144PM	37				1.543		37
144PM	38				1.609		38
144PM	39				1.640		39
144PM	40				1.654		40
-----							
144PM	41				1.705	(10+)	41
144PM	42				1.711	(9-)	42
144PM	43				1.851	(9)	43
144PM	44				1.985	(10-)	44
144PM	45				2.072	(11-)	45
144PM	46				2.270	(12-)	46
144PM	47				2.312	(11+)	47
144PM	48				2.610		48
144PM	49				2.647	(12)	49
144PM	50				2.668	(12+)	50
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144PM	51				2.774	(13+)	51
144PM	52				2.889		52
144PM	53				3.060	(14+)	53
144PM	54				3.128	(13)	54
144PM	55				3.349	(14)	55
144PM	56				3.408		56
144PM	57				3.431	(14-)	57
144PM	58				3.511	(15+)	58
144PM	59				3.616	(14)	59
144PM	60				3.727		60
-----							
144PM	61				3.795	(15)	61
144PM	62				3.899	(15-)	62
144PM	63				3.904		63
144PM	64				4.035		64
144PM	65				4.119	(16-)	65
144PM	66				4.227	(16)	66
144PM	67				4.328		67
144PM	68				4.505	(17)	68
144PM	69				4.557	(17+)	69
144PM	70				4.659		70
-----							
S-p	=	4.703	(	0.003)	-----		
144PM	71				4.717		71
144PM	72				4.819	(18)	72
144PM	73				5.060		73
144PM	74				5.119		74
144PM	75				5.351	(19)	75
144PM	76				5.454		76
144PM	77				5.457		77
144PM	78				5.850	(20)	78
144PM	79				6.264		79
144PM	80				6.347		80

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S-n      = 6.527 ( 0.004)-----
144PM 81 |           |           | 7.106           | 81
144PM 82 |           |           | 7.559           | 82
144PM 83 |           |           | 7.972           | 83
144PM 84 |           |           | 8.510           | 84
144PM 85 |           |           | 8.596           | 85 2.7 US  AP
           |           |           | (25 TO 35)

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S-p      = 4.703 ( 0.003)-----
S-n      = 6.527 ( 0.004)-----
S-2p     = 12.208 ( 0.003)-----
S-2n     = 16.417 ( 0.024)-----
S-alpha  = -0.845 ( 0.007)-----

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S+p      = -6.524 ( 0.003)
S+n      = -7.923 ( 0.004)
S+2p     = -10.279 ( 0.007)
S+2n     = -14.181 ( 0.005)
S+alpha  = 2.694 ( 0.010)

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gap p    = -1.822 ( 0.005)
gap n    = -1.396 ( 0.006)
gap 2p   = 1.928 ( 0.007)
gap 2n   = 2.236 ( 0.024)
gap alpha = 1.849 ( 0.012)

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