

^{145}Pm $Z = 61$ $N = 84$ adopted link ENSDF link

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

BE = 1203.885 (0.003) MeV

Qbeta+ = 0.165 (0.003) MeV

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

S-alpha=	-2.322	(0.003)	-----		
145PM 1	0.000	5/2+			1 17.7 Y 4
145PM 2	0.061	7/2+			2 2.64 NS 6
145PM 3	0.492	3/2+			3
145PM 4				0.660 (5/2)+	4
145PM 5	0.670	7/2+			5
145PM 6	0.714	9/2+			6
145PM 7	0.726	1/2+			7
145PM 8	0.750	9/2+			8
145PM 9				0.773 (3/2)+	9
145PM 10			0.795 11/2-		10 17.1 NS 10

145PM 11	0.823	5/2+			11
145PM 12	0.836	11/2+			12
145PM 13				0.884 7/2+,5/2+	13
145PM 14				0.958 (3/2)+	14
145PM 15	1.057	1/2+			15
145PM 16			1.102 9/2-		16
145PM 17	1.207	11/2+			17
145PM 18				1.215	18
145PM 19				1.234 (3/2)+	19
145PM 20				1.260	20

145PM 21				1.284 (11/2)-	21
145PM 22				1.292	22
145PM 23				1.312	23
145PM 24	1.347	13/2+			24
145PM 25				1.366	25
145PM 26			1.385 7/2-		26
145PM 27				1.388	27
145PM 28	1.397	13/2+			28
145PM 29			1.448 15/2-		29
145PM 30				1.456	30

145PM 31				1.489 (3/2)+	31
145PM 32	1.494	13/2+			32
145PM 33	1.502	15/2+			33
145PM 34				1.507 (3/2)+	34
145PM 35				1.558	35
145PM 36				1.563	36

145PM	37					1.583		37	
145PM	38	1.649	15/2+					38	
145PM	39	1.716	1/2+					39	
145PM	40	1.753	1/2+					40	

145PM	41					1.753	(11/2)-	41	
145PM	42					1.809	(1/2+)	42	
145PM	43					1.837		43	
145PM	44	1.845	17/2+					44	
145PM	45					1.849		45	
145PM	46	1.897	17/2+					46	
145PM	47	1.978	1/2+					47	
145PM	48					2.008	(3/2)+	48	
145PM	49					2.013		49	
145PM	50			2.026	19/2-			50	

145PM	51	2.112	1/2+					51	
145PM	52	2.125	19/2+					52	
145PM	53					2.168		53	
145PM	54					2.190	(3/2+)	54	
145PM	55					2.210	(3/2+)	55	
145PM	56					2.282	(3/2)+	56	
145PM	57					2.294	(3/2)+	57	
145PM	58					2.329		58	
145PM	59					2.401		59	
145PM	60					2.431		60	

145PM	61					2.442	21/2(+)	61	
145PM	62			2.449	23/2-			62	
145PM	63					2.474		63	
145PM	64					2.562		64	
145PM	65					2.615	(21/2+)	65	
145PM	66					2.812	23/2(+)	66	
145PM	67			3.052	27/2-			67	
145PM	68					3.160	25/2(+)	68	
145PM	69					3.497	27/2(+)	69	
145PM	70					3.665	(25/2)	70	

145PM	71					3.760	29/2(+)	71	
145PM	72					3.851	(27/2)	72	
145PM	73					4.014	(31/2+)	73	
145PM	74					4.086	(27/2)	74	
145PM	75					4.224	(29/2)	75	
145PM	76					4.363	(31/2+, 33/2+)	76	
145PM	77					4.390	(29/2)	77	
145PM	78					4.701	(31/2)	78	
145PM	79					4.760	(35/2+, 37/2+)	79	
S-p	=	4.808	(0.003)	-----					
145PM	80					4.935	(33/2)	80	

145PM	81				5.030		81
145PM	82				5.483	(35/2+,37/2+)	82
145PM	83				5.727		83
145PM	84				5.892	(39/2+,41/2+)	84
145PM	85				6.131		85
145PM	86				6.854		86
145PM	87				7.217		87

S-p = 4.808 (0.003)-----
S-n = 7.923 (0.004)-----
S-2p = 12.777 (0.003)-----
S-2n = 14.449 (0.004)-----
S-alpha= -2.322 (0.003)-----

S+p = -7.018 (0.004)
S+n = -6.258 (0.005)
S+2p = -10.855 (0.004)
S+2n = -13.917 (0.003)
S+alpha = 2.401 (0.005)

gap p = -2.209 (0.005)
gap n = 1.665 (0.007)
gap 2p = 1.922 (0.005)
gap 2n = 0.532 (0.005)
gap alpha = 0.079 (0.006)