

$^{156}\text{Pm}$        $Z = 61$        $N = 95$       adopted link      ENSDF link

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

BE = 1275.569 ( 0.001) MeV

Qbeta- = 5.194 ( 0.009) MeV

	Energy T	J+	J-	J-other	T1/2
156PM 1				0.000 4(+)	1 26.70 S 10
156PM 2				0.086 (5+)	2
156PM 3				0.150 1(+)	3 5 S LT
156PM 4				0.169	4
156PM 5				0.189 (6+)	5
156PM 6				0.314 (7+)	6
156PM 7				0.358	7
156PM 8				0.453 (8+)	8
156PM 9				0.619 (9+)	9
156PM 10				0.000 4(+)	10 26.70 S 10

S-p = 9.172 ( 0.009)-----  
 S-n = 5.298 ( 0.005)-----  
 S-2p = 20.885 ( 0.100)-----  
 S-2n = 12.043 ( 0.025)-----  
 S-alpha= 2.834 ( 0.019)-----

S+p = -9.800 ( 0.005)  
 S+n = -6.202 ( 0.007)  
 S+2p = -17.682 ( 0.002)  
 S+2n = -11.082 ( 0.001)  
 S+alpha = -1.752 ( 0.001)

gap p = -0.628 ( 0.010)  
 gap n = -0.904 ( 0.009)  
 gap 2p = 3.203 ( 0.100)  
 gap 2n = 0.961 ( 0.025)  
 gap alpha = 1.082 ( 0.019)