

^{157}Pm $Z = 61$ $N = 96$ adopted link ENSDF link

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

BE = 1281.771 (0.007) MeV

Qbeta- = 4.380 (0.008) MeV

	Energy T	J+	J-	J-other	T1/2
157PM 1				0.000 (5/2-)	1 10.56 S 12
157PM 2				0.066 (7/2-)	2
157PM 3				0.151 (9/2-)	3
157PM 4				0.254 (11/2-)	4
157PM 5				0.379 (13/2-)	5
157PM 6				0.518 (15/2-)	6
157PM 7				0.683 (17/2-)	7
157PM 8				0.855 (19/2-)	8
157PM 9				1.062 (21/2-)	9
157PM 10				1.263 (23/2-)	10
-----					-----
157PM 11				1.515 (25/2-)	11
157PM 12				1.739 (27/2-)	12
157PM 13				0.000 (5/2-)	13

S-p = 9.384 (0.007)-----
 S-n = 6.202 (0.007)-----
 S-2p = 21.460 (0.019)-----
 S-2n = 11.500 (0.008)-----
 S-alpha= 3.154 (0.014)-----

S+p = -10.244 (0.008)
 S+n = -4.880 (0.007)
 S+2p = -18.324 (0.008)
 S+2n = -10.400 (0.012)
 S+alpha = -1.919 (0.013)

gap p = -0.860 (0.011)
 gap n = 1.321 (0.010)
 gap 2p = 3.135 (0.020)
 gap 2n = 1.100 (0.015)
 gap alpha = 1.234 (0.019)