

$^{160}\text{Pm}$        $Z = 61$        $N = 99$       adopted link    ENSDF link

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

BE      =    1296.582 ( 0.002) MeV

Qbeta- =      7.338 ( 0.003) MeV

	Energy T	J+	J-	J-other	T1/2
160PM	1			0.000	1 725 MS 57
160PM	2			0.191	2

S-p      = 10.460 ( 0.030)-----  
 S-n      = 4.412 ( 0.010)-----  
 S-2p    = 23.260 ( 0.316)-----  
 S-2n    = 9.931 ( 0.002)-----  
 S-alpha= 3.870 ( 0.002)-----

S+p      = -11.066 ( 0.007)  
 S+n      = -5.263 ( 0.009)  
 S+2p    = -20.406 ( 0.002)  
 S+2n    = -9.300 ( 0.324)  
 S+alpha = -2.762 ( 0.003)

gap p    = -0.607 ( 0.031)  
 gap n    = -0.852 ( 0.014)  
 gap 2p   = 2.854 ( 0.316)  
 gap 2n   = 0.632 ( 0.324)  
 gap alpha = 1.108 ( 0.004)