

^{156}Tb $Z = 65$ $N = 91$ adopted link ENSDF link

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

BE = 1278.364 (0.004) MeV
 Qbeta- = 0.438 (0.004) MeV
 Qbeta+ = 2.444 (0.004) MeV

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

S-alpha=	-0.372 (0.004)				
156TB 1			0.000 3-		1 5.35 D 10
156TB 2	0.050	4+			2 49 NS 7

S-p = 5.310 (0.004)-----
 S-n = 6.912 (0.011)-----
 S-2p = 12.931 (0.004)-----
 S-2n = 16.077 (0.045)-----
 S-alpha= -0.372 (0.004)-----

S+p = -6.623 (0.006)
 S+n = -8.744 (0.004)
 S+2p = -10.674 (0.027)
 S+2n = -15.522 (0.004)
 S+alpha = 1.284 (0.015)

gap p = -1.313 (0.007)
 gap n = -1.832 (0.011)
 gap 2p = 2.256 (0.028)
 gap 2n = 0.555 (0.046)
 gap alpha = 0.911 (0.016)