

^{144}Tm $Z = 69$ $N = 75$ adopted link ENSDF link

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

BE = 1130.400 (-0.432) MeV

Qbeta+ = 14.482 (0.455) MeV

	Energy T	J+	J-	J-other	T1/2
S-alpha=	-4.736	(-0.707)			
S-p =	-1.731	(-0.609)			
S-2p =	-0.630	(-0.607)			
144Tm	1			0.000 (10+)	1 1.9 US +12-5
S-p =	-1.731	(-0.609)			
S-n =	0.000	(-0.000)			
S-2p =	-0.630	(-0.607)			
S-2n =	0.000	(-0.000)			
S-alpha=	-4.736	(-0.707)			
S+p =	0.000	(-0.000)			
S+n =	-13.505	(-0.456)			
S+2p =	0.000	(-0.000)			
S+2n =	-25.044	(-0.456)			
S+alpha =	0.000	(-0.000)			
gap p =	0.000	(0.000)			
gap n =	0.000	(0.000)			
gap 2p =	0.000	(0.000)			
gap 2n =	0.000	(0.000)			
gap alpha =	0.000	(0.000)			