

^{145}Tm $Z = 69$ $N = 76$ adopted link ENSDF link

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

BE = 1143.905 (-0.145) MeV

Qbeta+ = 11.688 (0.205) MeV

	Energy T	J+	J-	J-other	T1/2
S-alpha=	-4.354	(-0.447)			
S-p =	-1.759	(-0.204)			
145TM 1				0.000 (11/2-)	1 3.17 US 20
S-2p =	0.048	(-0.321)			
145TM 2				0.338 (15/2-)	2
145TM 3				0.869 (19/2-)	3
145TM 4				1.555 (23/2-)	4
145TM 5				2.374 (27/2-)	5
145TM 6				3.312 (31/2-)	6

S-p = -1.759 (-0.204)-----
S-n = 13.505 (-0.456)-----
S-2p = 0.048 (-0.321)-----
S-2n = 0.000 (-0.000)-----
S-alpha= -4.354 (-0.447)-----

S+p = 0.000 (-0.000)
S+n = -11.539 (-0.206)
S+2p = 0.000 (-0.000)
S+2n = -24.571 (-0.145)
S+alpha = 0.000 (-0.000)

gap p = 0.000 (0.000)
gap n = 1.966 (0.500)
gap 2p = 0.000 (0.000)
gap 2n = 0.000 (0.000)
gap alpha = 0.000 (0.000)