

$^{148}\text{Tm}$        $Z = 69$        $N = 79$       adopted link      ENSDF link

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

BE      =    1179.338 ( 0.010) MeV

Qbeta+ =      12.714 ( 0.014) MeV

|           | Energy T | J+      | J-       | J-other | T1/2  |
|-----------|----------|---------|----------|---------|-------|
| -----     |          |         |          |         |       |
| S-p       | =        | -0.554  | ( 0.040) | -----   | ----- |
| S-n       | =        | 10.862  | ( 0.012) | -----   | ----- |
| S-2p      | =        | 2.105   | ( 0.012) | -----   | ----- |
| S-2n      | =        | 23.894  | ( 0.146) | -----   | ----- |
| S-alpha   | =        | -3.420  | ( 0.013) | -----   | ----- |
|           |          |         |          |         |       |
| S+p       | =        | -1.785  | ( 0.298) |         |       |
| S+n       | =        | -13.258 | ( 0.149) |         |       |
| S+2p      | =        | -0.562  | ( 0.300) |         |       |
| S+2n      | =        | -23.812 | ( 0.150) |         |       |
| S+alpha   | =        | 2.882   | ( 0.152) |         |       |
|           |          |         |          |         |       |
| gap p     | =        | -2.339  | ( 0.301) |         |       |
| gap n     | =        | -2.396  | ( 0.150) |         |       |
| gap 2p    | =        | 1.543   | ( 0.300) |         |       |
| gap 2n    | =        | 0.082   | ( 0.210) |         |       |
| gap alpha | =        | -0.538  | ( 0.153) |         |       |