

^{149}Tm $Z = 69$ $N = 80$ adopted link ENSDF link

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

BE = 1192.596 (-0.149) MeV

Qbeta+ = 9.790 (0.152) MeV

	Energy T	J+	J-	J-other	T1/2
S-alpha=	-2.744	(-0.149)			
S-p =	-0.239	(-0.149)			
149TM	1			0.000 (11/2-)	1 0.9 S 2

S-p =	-0.239	(-0.149)			
S-n =	13.258	(-0.149)			
S-2p =	2.772	(-0.149)			
S-2n =	24.120	(-0.149)			
S-alpha=	-2.744	(-0.149)			

S+p =	-2.154	(-0.335)			
S+n =	-10.554	(-0.211)			
S+2p =	-0.908	(-0.337)			
S+2n =	-22.963	(-0.150)			
S+alpha =	3.151	(-0.211)			

gap p =	-2.393	(0.367)			
gap n =	2.704	(0.259)			
gap 2p =	1.864	(0.368)			
gap 2n =	1.157	(0.212)			
gap alpha =	0.407	(0.259)			