

^{154}Tm $Z = 69$ $N = 85$ adopted link ENSDF link

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

BE = 1243.428 (0.014) MeV

Qbeta+ = 8.178 (0.015) MeV

| | Energy T | J+ | J- | J-other | T1/2 |
|----------|-----------------|----|----|------------|-----------|
| ----- | | | | | |
| S-alpha= | -5.094 (0.020) | | | | |
| 154TM 1 | | | | 0.000 (2-) | 1 8.1 S 3 |
| 154TM 2 | 0.133 | 1+ | | | 2 |

S-p = 1.249 (0.017)-----

S-n = 8.526 (0.019)-----

S-2p = 5.400 (0.019)-----

S-2n = 18.849 (0.056)-----

S-alpha= -5.094 (0.020)-----

S+p = -3.365 (0.022)

S+n = -10.270 (0.017)

S+2p = -3.850 (0.056)

S+2n = -18.550 (0.020)

S+alpha = 4.790 (0.021)

gap p = -2.115 (0.028)

gap n = -1.744 (0.026)

gap 2p = 1.550 (0.059)

gap 2n = 0.299 (0.059)

gap alpha = -0.304 (0.029)