

^{156}Tm $Z = 69$ $N = 87$ adopted link ENSDF link

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

BE = 1261.978 (0.014) MeV

Qbeta+ = 7.377 (0.028) MeV

	Energy T	J+		J-		J-other		T1/2

S-alpha=	-4.345	(0.019)	-----					
156TM	1			0.000	2-			1 83.8 S 18
156TM	2	0.115	1+					2
156TM	3	0.317	1+					3

S-p = 1.914 (0.016)-----

S-n = 8.280 (0.017)-----

S-2p = 6.773 (0.016)-----

S-2n = 18.550 (0.020)-----

S-alpha= -4.345 (0.019)-----

S+p = -3.874 (0.018)

S+n = -9.946 (0.031)

S+2p = -4.956 (0.021)

S+2n = -18.011 (0.029)

S+alpha = 4.140 (0.059)

gap p = -1.960 (0.024)

gap n = -1.666 (0.036)

gap 2p = 1.818 (0.027)

gap 2n = 0.539 (0.035)

gap alpha = -0.206 (0.062)