

^{157}Tm $Z = 69$ $N = 88$ adopted link ENSDF link

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

BE = 1271.924 (0.028) MeV

Qbeta+ = 4.704 (0.039) MeV

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

S-alpha=	-3.878	(0.028)	-----		
157TM 1	0.000	1/2+			1 3.63 M 9
157TM 2				0.035	2
157TM 3				0.070	3
157TM 4				0.106	4
157TM 5				0.115	5
157TM 6				0.164	6
157TM 7				0.207	7
157TM 8				0.231	8
157TM 9				0.317	9
157TM 10				0.340	10

157TM 11				0.348	11
157TM 12				0.354	12
157TM 13				0.431	13
157TM 14				0.458	14
157TM 15				0.580	15
157TM 16				0.640	16
157TM 17				0.657	17
157TM 18				0.788	18
157TM 19				0.835	19

S-p = 1.787 (0.037)-----
 S-n = 9.946 (0.031)-----
 S-2p = 7.247 (0.033)-----
 S-2n = 18.226 (0.030)-----
 S-alpha= -3.878 (0.028)-----

S+p = -4.589 (0.029)
 S+n = -8.065 (0.038)
 S+2p = -5.577 (0.047)
 S+2n = -18.004 (0.040)
 S+alpha = 3.722 (0.040)

gap p = -2.803 (0.047)
 gap n = 1.881 (0.049)
 gap 2p = 1.670 (0.057)
 gap 2n = 0.222 (0.049)
 gap alpha = -0.156 (0.049)