

^{160}Tm $Z = 69$ $N = 91$ adopted link ENSDF link

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

BE = 1297.730 (0.033) MeV

Qbeta+ = 5.763 (0.041) MeV

| | Energy T | J+ | J- | J-other | T1/2 |
|----------|----------|----------|----------|----------------|---------------|
| ----- | | | | | |
| S-alpha= | -2.812 | (0.050) | ----- | | |
| 160TM 1 | | | 0.000 1- | | 1 9.4 M 3 |
| 160TM 2 | | | 0.042 2- | | 2 1.6 NS 3 |
| 160TM 3 | | | | 0.070 5 | 3 74.5 S 15 |
| 160TM 4 | | | | 0.099 1(-) | 4 |
| 160TM 5 | | | | 0.123 (6-,7) | 5 |
| 160TM 6 | | | | 0.140 0+,1+,2+ | 6 |
| 160TM 7 | | | | 0.150 (6-,7) | 7 |
| 160TM 8 | | | | 0.156 (6) | 8 |
| 160TM 9 | | | | 0.168 (6) | 9 |
| 160TM 10 | 0.174 | 1+ | | | 10 17 NS 1 |
| ----- | | | | | |
| 160TM 11 | 0.216 | 1+ | | | 11 0.65 NS 15 |
| 160TM 12 | | | | 0.244 (7+) | 12 |
| 160TM 13 | | | | 0.244 (6-,7) | 13 |
| 160TM 14 | | | | 0.261 (7) | 14 |
| 160TM 15 | | | | 0.342 (8+) | 15 |
| 160TM 16 | | | | 0.390 (8-) | 16 |
| 160TM 17 | | | | 0.443 (9-) | 17 |
| 160TM 18 | | | | 0.484 (9+) | 18 |
| 160TM 19 | 0.494 | 1+ | | | 19 |
| 160TM 20 | | | | 0.523 (10-) | 20 |
| ----- | | | | | |
| 160TM 21 | | | | 0.543 (1,2,3)+ | 21 |
| 160TM 22 | 0.547 | 1+ | | | 22 |
| 160TM 23 | 0.605 | 1+ | | | 23 |
| 160TM 24 | | | | 0.606 (11-) | 24 |
| 160TM 25 | | | | 0.655 (10+) | 25 |
| 160TM 26 | | | | 0.783 (12-) | 26 |
| 160TM 27 | 0.798 | 1+ | | | 27 |
| 160TM 28 | | | | 0.865 (11+) | 28 |
| 160TM 29 | | | | 0.936 (13-) | 29 |
| 160TM 30 | | | | 1.094 (12+) | 30 |
| ----- | | | | | |
| 160TM 31 | | | | 1.181 (14-) | 31 |
| 160TM 32 | | | | 1.358 (13+) | 32 |
| 160TM 33 | | | | 1.405 (15-) | 33 |
| 160TM 34 | | | | 1.632 (14+) | 34 |
| 160TM 35 | | | | 1.695 (16-) | 35 |
| 160TM 36 | | | | 1.796 (14+) | 36 |

| | | | | | | |
|----------|---|-------|----------|-------|-------|----|
| 160TM 37 | | | | 1.938 | (15+) | 37 |
| 160TM 38 | | | | 1.984 | (17-) | 38 |
| 160TM 39 | | | | 2.054 | (15+) | 39 |
| 160TM 40 | | | | 2.242 | (16+) | 40 |
| ----- | | | | | | |
| 160TM 41 | | | | 2.302 | (18-) | 41 |
| 160TM 42 | | | | 2.320 | (16+) | 42 |
| 160TM 43 | | | | 2.498 | (18-) | 43 |
| 160TM 44 | | | | 2.570 | (17+) | 44 |
| 160TM 45 | | | | 2.616 | (17+) | 45 |
| 160TM 46 | | | | 2.646 | (19-) | 46 |
| 160TM 47 | | | | 2.688 | (19-) | 47 |
| 160TM 48 | | | | 2.814 | (18+) | 48 |
| 160TM 49 | | | | 2.908 | (20-) | 49 |
| 160TM 50 | | | | 2.909 | (18+) | 50 |
| ----- | | | | | | |
| 160TM 51 | | | | 2.976 | (20-) | 51 |
| S-p | = | 3.029 | (0.033) | ----- | | |
| 160TM 52 | | | | 3.051 | (19+) | 52 |
| 160TM 53 | | | | 3.159 | (21-) | 53 |
| 160TM 54 | | | | 3.314 | (20+) | 54 |
| 160TM 55 | | | | 3.357 | (21-) | 55 |
| 160TM 56 | | | | 3.413 | (22-) | 56 |
| 160TM 57 | | | | 3.596 | (21+) | 57 |
| 160TM 58 | | | | 3.687 | (22-) | 58 |
| 160TM 59 | | | | 3.722 | (23-) | 59 |
| 160TM 60 | | | | 3.911 | (22+) | 60 |
| ----- | | | | | | |
| 160TM 61 | | | | 4.028 | (24-) | 61 |
| 160TM 62 | | | | 4.080 | (23-) | 62 |
| 160TM 63 | | | | 4.249 | (23+) | 63 |
| 160TM 64 | | | | 4.381 | (25-) | 64 |
| 160TM 65 | | | | 4.410 | (24-) | 65 |
| 160TM 66 | | | | 4.610 | (24+) | 66 |
| 160TM 67 | | | | 4.749 | (26-) | 67 |
| 160TM 68 | | | | 4.811 | (25-) | 68 |
| 160TM 69 | | | | 4.823 | (25-) | 69 |
| 160TM 70 | | | | 5.005 | (25+) | 70 |
| ----- | | | | | | |
| 160TM 71 | | | | 5.137 | (27-) | 71 |
| 160TM 72 | | | | 5.154 | (26-) | 72 |
| 160TM 73 | | | | 5.410 | (26+) | 73 |
| 160TM 74 | | | | 5.580 | (27-) | 74 |
| 160TM 75 | | | | 5.847 | (27+) | 75 |
| 160TM 76 | | | | 5.945 | (28-) | 76 |
| 160TM 77 | | | | 6.409 | (29-) | 77 |
| 160TM 78 | | | | 6.797 | (30-) | 78 |
| 160TM 79 | | | | 7.302 | (31-) | 79 |

S-p = 3.029 (0.033)-----
S-n = 7.802 (0.043)-----
S-2p = 8.692 (0.042)-----
S-2n = 17.740 (0.041)-----
S-alpha= -2.812 (0.050)-----

S+p = -4.822 (0.036)
S+n = -9.669 (0.043)
S+2p = -7.109 (0.082)
S+2n = -17.319 (0.042)
S+alpha = 3.234 (0.043)

gap p = -1.793 (0.049)
gap n = -1.867 (0.061)
gap 2p = 1.583 (0.092)
gap 2n = 0.421 (0.059)
gap alpha = 0.421 (0.066)