

^{162}Tm $Z = 69$ $N = 93$ adopted link ENSDF link

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

BE = 1315.049 (0.026) MeV

Qbeta+ = 4.857 (0.026) MeV

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

S-alpha=	-2.285	(0.038)	-----					
162TM 1				0.000	1-			1 21.70 M 19
162TM 2				0.045	2-			2 1.44 NS 13
162TM 3				0.067	2-			3
162TM 4		0.163						4 1.1 NS 1
162TM 5		0.290						5
162TM 6							0.408	6
162TM 7		0.416						7
162TM 8							0.451	8
162TM 9		0.739						9
162TM 10							0.747	0+,1+,2+,3+ 10

162TM 11							0.755	0-,1-,2- 11
162TM 12		0.771						12
162TM 13							0.780	13
162TM 14		0.783						14
162TM 15							0.792	15
162TM 16							0.800	16
162TM 17							0.816	0+,1+,2+ 17
162TM 18							0.858	18
162TM 19							0.901	19
162TM 20							0.954	0-,1- 20

S-p = 3.565 (0.028)-----

S-n = 7.650 (0.038)-----

S-2p = 9.673 (0.030)-----

S-2n = 17.319 (0.042)-----

S-alpha= -2.285 (0.038)-----

S+p = -5.105 (0.030)

S+n = -9.322 (0.027)

S+2p = -7.743 (0.038)

S+2n = -16.574 (0.036)

S+alpha = 3.032 (0.040)

gap p = -1.540 (0.041)

gap n = -1.672 (0.047)

gap 2p = 1.930 (0.049)

gap 2n = 0.745 (0.055)
gap alpha = 0.747 (0.055)