

^{164}Tm $Z = 69$ $N = 95$ adopted link ENSDF link

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

BE = 1331.623 (0.025) MeV

Qbeta+ = 4.034 (0.025) MeV

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

S-alpha=	-2.049 (0.029)				
164Tm	1 0.000	1+			1 1.95 M 10

S-p = 4.031 (0.025)-----

S-n = 7.252 (0.026)-----

S-2p = 10.446 (0.025)-----

S-2n = 16.574 (0.036)-----

S-alpha= -2.049 (0.029)-----

S+p = -5.675 (0.036)

S+n = -9.092 (0.025)

S+2p = -8.690 (0.039)

S+2n = -16.120 (0.028)

S+alpha = 2.411 (0.045)

gap p = -1.645 (0.044)

gap n = -1.840 (0.036)

gap 2p = 1.756 (0.046)

gap 2n = 0.454 (0.045)

gap alpha = 0.363 (0.054)