

$^{174}\text{Tm}$        $Z = 69$        $N = 105$       adopted link      ENSDF link

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

BE = 1404.292 ( 0.045) MeV

Qbeta- = 3.080 ( 0.045) MeV

	Energy T	J+	J-	J-other	T1/2
174Tm	1			0.000 (4)-	1 5.4 M 1

S-p = 7.490 ( 0.179)-----

S-n = 5.680 ( 0.045)-----

S-2p = 16.940 ( 0.178)-----

S-2n = 12.634 ( 0.045)-----

S-alpha= 0.052 ( 0.067)-----

S+p = -8.120 ( 0.045)

S+n = -6.517 ( 0.067)

S+2p = -14.096 ( 0.045)

S+2n = -11.650 ( 0.110)

S+alpha = 1.102 ( 0.045)

gap p = -0.630 ( 0.184)

gap n = -0.838 ( 0.081)

gap 2p = 2.844 ( 0.183)

gap 2n = 0.984 ( 0.118)

gap alpha = 1.154 ( 0.081)