

^{176}Tm $Z = 69$ $N = 107$ adopted link ENSDF link

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

BE = 1415.941 (0.100) MeV

Qbeta- = 4.120 (0.100) MeV

	Energy T	J+	J-	J-other	T1/2
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176Tm	1			0.000 (4+)	1 1.85 M 3

S-p = 8.066 (0.364)-----

S-n = 5.132 (0.112)-----

S-2p = 18.025 (0.362)-----

S-2n = 11.650 (0.110)-----

S-alpha= 0.294 (0.199)-----

S+p = -8.904 (0.100)

S+n = -6.254 (0.203)

S+2p = -15.544 (0.100)

S+2n = -11.085 (0.370)

S+alpha = 0.270 (0.122)

gap p = -0.838 (0.377)

gap n = -1.121 (0.232)

gap 2p = 2.481 (0.376)

gap 2n = 0.565 (0.386)

gap alpha = 0.564 (0.234)