

^{178}Tm $Z = 69$ $N = 109$ adopted link ENSDF link

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

BE = 1427.026 (-0.356) MeV

Qbeta- = 5.364 (0.356) MeV

	Energy T	J+	J-	J-other	T1/2
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178TM	1			0.000	1 300 NS GT

S-p = 8.725 (-0.639)-----
 S-n = 4.831 (-0.398)-----
 S-2p = 19.554 (-0.637)-----
 S-2n = 11.085 (-0.370)-----
 S-alpha= 0.814 (-0.498)-----

S+p = -9.628 (-0.398)
 S+n = -5.690 (-0.505)
 S+2p = -16.941 (-0.363)
 S+2n = -9.914 (-0.506)
 S+alpha = 0.050 (-0.400)

gap p = -0.903 (0.753)
 gap n = -0.859 (0.643)
 gap 2p = 2.613 (0.733)
 gap 2n = 1.171 (0.627)
 gap alpha = 0.864 (0.639)