

$^{179}\text{Tm}$        $Z = 69$        $N = 110$       adopted link      ENSDF link

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

BE = 1432.716 (-0.358) MeV

Qbeta- = 4.720 ( 0.400) MeV

	Energy T	J+	J-	J-other	T1/2
-----	-----	-----	-----	-----	-----
179TM	1			0.000	1 160 NS GT

S-p = 8.894 (-0.643)-----  
 S-n = 5.690 (-0.505)-----  
 S-2p = 20.256 (-0.640)-----  
 S-2n = 10.521 (-0.399)-----  
 S-alpha= 1.095 (-0.501)-----

S+p = -10.164 (-0.508)  
 S+n = -4.224 (-0.508)  
 S+2p = -17.443 (-0.379)  
 S+2n = -9.673 (-0.650)  
 S+alpha = -0.209 (-0.367)

gap p = -1.270 ( 0.819)  
 gap n = 1.466 ( 0.716)  
 gap 2p = 2.812 ( 0.744)  
 gap 2n = 0.848 ( 0.763)  
 gap alpha = 0.886 ( 0.621)