

^{164}Tm IT decay (5.1 min) [1971De22](#)

Type	Author	Citation	Literature Cutoff Date
Full Evaluation	Balraj Singh and Jun Chen [#]	NDS 147, 1 (2018)	30-Nov-2017

Parent: ^{164}Tm : E=0+x; $J^\pi=6^-$; $T_{1/2}=5.1$ min I ; %IT decay=80.0

^{164}Tm -%IT decay: %IT=80, estimated by [1971De22](#) from the decay of 5.1-min ^{164}Tm in which practically all of the directly produced 2.0-min ^{164}Tm had died out.

 ^{164}Tm Levels

E(level)	J^π [†]	$T_{1/2}$	Comments
0.0	1^+		
0+x	6^-	5.1 min I	E(level): x=10 keV δ (2017Au03 : nubase); x<20 keV, from non-observation of any isomeric transitions in the $E_\gamma>20$ keV region investigated by 1971De22 . From systematics, 1971De22 suggest that there is probably a low-lying 3^- state through which the isomer decays.

[†] From Adopted Levels.