Adopted Levels

History			
Type	Author	Citation	Literature Cutoff Date
Full Evaluation	E. A. Mccutchan	ENSDF	1-Jul-2022

Q(β^-)=4.12×10^3 *10*; S(n)=5.13×10^3 *11*; S(p)=8.0×10^3 *SY*; Q(α)=−3.1×10^2 *SY* 2021Wa16
1995ItZY: ^{176}Tm activity from ^{176}Yb(n,p) reaction. Measured Eγ, Iγ, γ(t); deduced $T_{1/2}$ of ground state.
1970Tu07: ^{176}Tm activity from ^{176}Yb(n,p) reaction. Measured Eγ, Iγ, γ(t); deduced $T_{1/2}$ of ground state.

^{176}Tm Levels

E(level)	J^π	$T_{1/2}$	Comments
0.0	(4$^+$)	1.85 min *3*	%β^-=100 $T_{1/2}$: from 190γ(t) (1995ItZY). Others: 1.9 m *1* from 190γ(t) (1970Tu07), 1.4 min *2* (1967Gu11), 1.5 min *5* (1961Ta08), 1973DrZK. J^π: allowed β^- decay to ^{176}Yb states above 2900 keV which then decay to 3$^+$,4$^+$, and 4$^+$,5$^+$, suggest J^π=(3$^+$,4$^+$,5$^+$) for ^{176}Tm. J^π=(4$^+$) and possible configuration=((π 1/2[411])+(ν 9/2[624])) from Gallagher-Moszkowski rule. The Nilsson states 1/2$^+$,1/2[411] and 9/2$^+$,9/2[624] are the ground states of ^{163}Tm to ^{175}Tm (69-proton nuclei), and of ^{177}Yb, ^{179}Hf, ^{181}W, ^{183}Os, ^{185}Pt (107-neutron nuclei), respectively.