

^{140}Ho $Z = 67$ $N = 73$ adopted link ENSDF link

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

BE = 1106.840 (-0.560) MeV

Qbeta+ = 13.498 (0.700) MeV

	Energy T	J+	J-	J-other	T1/2
S-alpha=	-4.152	(-0.781)			
S-p	= -1.129	(-0.789)			
140HO	1			0.000 (6-,0-,8+)	1 6 MS 3

S-p = -1.129 (-0.789)-----

S-n = 0.000 (-0.000)-----

S-2p = 0.218 (-0.624)-----

S-2n = 0.000 (-0.000)-----

S-alpha= -4.152 (-0.781)-----

S+p = 0.000 (-0.000)

S+n = -13.123 (-0.702)

S+2p = 0.000 (-0.000)

S+2n = -24.190 (-0.704)

S+alpha = 4.736 (-0.707)

gap p = 0.000 (0.000)

gap n = 0.000 (0.000)

gap 2p = 0.000 (0.000)

gap 2n = 0.000 (0.000)

gap alpha = 0.584 (1.053)