

^{141}Ho $Z = 67$ $N = 74$ adopted link ENSDF link

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

BE = 1119.963 (-0.423) MeV

Qbeta+ = 11.062 (0.508) MeV

	Energy T	J+	J-	J-other	T1/2

S-alpha=	-4.196	(-0.590)	-----		
S-p	-1.157	(-0.596)	-----		
^{141}Ho	1			0.000 (7/2-)	1 4.1 MS 1
^{141}Ho	2			0.066 (1/2+)	2 7.3 US 3

S-p = -1.157 (-0.596)-----

S-n = 13.123 (-0.702)-----

S-2p = 0.735 (-0.506)-----

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

S-alpha= -4.196 (-0.590)-----

S+p = -0.843 (-0.708)

S+n = -11.067 (-0.600)

S+2p = 0.000 (-0.000)

S+2n = -23.894 (-0.511)

S+alpha = 4.354 (-0.447)

gap p = -2.000 (0.926)

gap n = 2.056 (0.924)

gap 2p = 0.000 (0.000)

gap 2n = 0.000 (0.000)

gap alpha = 0.158 (0.740)