

^{142}Ho $Z = 67$ $N = 75$ adopted link ENSDF link

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

BE = 1131.030 (-0.426) MeV

Qbeta+ = 12.850 (0.828) MeV

	Energy T	J+	J-	J-other	T1/2
S-alpha=	-3.888 (-0.508)				
S-p =	-0.777 (-0.511)				
142HO	1			0.000 (7-,8+)	1 0.4 S 1

S-p = -0.777 (-0.511)

S-n = 11.067 (-0.600)

S-2p = 1.416 (-0.907)

S-2n = 24.190 (-0.704)

S-alpha= -3.888 (-0.508)

S+p = -1.101 (-0.605)

S+n = -12.827 (-0.513)

S+2p = 0.630 (-0.607)

S+2n = -23.432 (-0.426)

S+alpha = 3.882 (-0.450)

gap p = -1.878 (0.792)

gap n = -1.760 (0.790)

gap 2p = 2.046 (1.091)

gap 2n = 0.758 (0.823)

gap alpha = -0.006 (0.679)