

^{143}Ho $Z = 67$ $N = 76$ adopted link ENSDF link

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

BE = 1143.857 (-0.286) MeV

Qbeta+ = 10.093 (0.286) MeV

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

S-alpha=	-3.667	(-0.399)	-----		
S-p =	-0.805	(-0.765)	-----		
143Ho	1			0.000 (11/2-)	1
143Ho	2			0.318 (15/2-)	2

S-p =	-0.805	(-0.765)	-----		
S-n =	12.827	(-0.513)	-----		
S-2p =	2.113	(-0.305)	-----		
S-2n =	23.894	(-0.511)	-----		
S-alpha=	-3.667	(-0.399)	-----		

S+p =	-1.807	(-0.320)			
S+n =	-10.605	(-0.286)			
S+2p =	-0.048	(-0.321)			
S+2n =	-23.187	(-0.286)			
S+alpha =	3.677	(-0.286)			

gap p =	-2.612	(0.830)			
gap n =	2.222	(0.587)			
gap 2p =	2.065	(0.442)			
gap 2n =	0.707	(0.585)			
gap alpha =	0.010	(0.491)			