

^{144}Ho $Z = 67$ $N = 77$ adopted link ENSDF link

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

BE = 1154.462 (0.008) MeV

Qbeta+ = 11.961 (0.011) MeV

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

S-alpha=	-3.448	(0.801)	-----		
S-p	= -0.271	(0.016)	-----		
144HO	1			0.000 (5-)	1 0.7 S 1
144HO	2			0.061 (6-)	2
144HO	3			0.209 (7-)	3
144HO	4			0.265 (8+)	4 506 NS 20
144HO	5			0.613 (9+)	5
144HO	6			0.912 (10+)	6
144HO	7			1.275 (11+)	7
144HO	8			1.413 (12+)	8
144HO	9			1.843 (13+)	9
144HO	10			2.137 (14+)	10

144HO	11			2.605 (15+)	11

S-2p	= 2.628	(0.701)	-----		
144HO	12			2.993 (16+)	12
144HO	13			3.473 (17+)	13
144HO	14			3.878 (18+)	14
144HO	15			4.691 (20+)	15
144HO	16			0.000 (5-)	16

S-p	= -0.271	(0.016)	-----		
S-n	= 10.605	(0.286)	-----		
S-2p	= 2.628	(0.701)	-----		
S-2n	= 23.432	(0.426)	-----		
S-alpha=	-3.448	(0.801)	-----		

S+p	= -1.913	(0.145)			
S+n	= -12.582	(0.011)			
S+2p	= -0.982	(0.146)			
S+2n	= -22.771	(0.011)			
S+alpha	= 3.420	(0.013)			

gap p	= -2.183	(0.146)			
gap n	= -1.977	(0.286)			
gap 2p	= 1.646	(0.716)			
gap 2n	= 0.661	(0.426)			
gap alpha	= -0.028	(0.801)			