

^{145}Ho $Z = 67$ $N = 78$ adopted link ENSDF link

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

BE = 1167.044 (0.007) MeV

Qbeta+ = 9.122 (0.010) MeV

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

S-alpha=	-2.996	(0.106)	-----		
S-p	-0.161	(0.010)	-----		
145HO	1			0.000 (11/2-)	1 2.4 S 1
145HO	2			0.487 (15/2-)	2
145HO	3			1.147 (19/2-)	3
145HO	4			1.894 (23/2-)	4
145HO	5			2.682 (27/2-)	5

S-p = -0.161 (0.010)-----

S-n = 12.582 (0.011)-----

S-2p = 3.279 (0.052)-----

S-2n = 23.187 (0.286)-----

S-alpha= -2.996 (0.106)-----

S+p = -2.491 (0.010)

S+n = -10.189 (0.010)

S+2p = -1.432 (0.010)

S+2n = -22.780 (0.009)

S+alpha = 2.744 (0.149)

gap p = -2.652 (0.014)

gap n = 2.392 (0.015)

gap 2p = 1.847 (0.053)

gap 2n = 0.407 (0.286)

gap alpha = -0.252 (0.183)