

^{146}Ho $Z = 67$ $N = 79$ adopted link ENSDF link

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

BE = 1177.233 (0.007) MeV

Qbeta+ = 11.317 (0.009) MeV

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

S-p	=	0.285	(0.009)	-----	-----
S-n	=	10.189	(0.010)	-----	-----
S-2p	=	3.448	(0.029)	-----	-----
S-2n	=	22.771	(0.011)	-----	-----
S-alpha	=	-2.896	(0.701)	-----	-----
S+p	=	-2.659	(0.039)		
S+n	=	-12.590	(0.008)		
S+2p	=	-2.105	(0.012)		
S+2n	=	-22.896	(0.084)		
S+alpha	=	2.379	(0.150)		
gap p	=	-2.374	(0.040)		
gap n	=	-2.401	(0.013)		
gap 2p	=	1.343	(0.031)		
gap 2n	=	-0.124	(0.085)		
gap alpha	=	-0.517	(0.716)		