

^{148}Ho $Z = 67$ $N = 81$ adopted link ENSDF link

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

BE = 1200.129 (0.084) MeV

Qbeta+ = 9.868 (0.084) MeV

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

S-alpha=	-1.952 (0.088)				
148Ho 1				0.000 (1+)	1 2.2 S 11

S-p	= 1.084 (0.084)	-----			
S-n	= 10.305 (0.084)	-----			
S-2p	= 4.806 (0.095)	-----			
S-2n	= 22.896 (0.084)	-----			
S-alpha=	-1.952 (0.088)	-----			

S+p	= -3.039 (0.088)
S+n	= -11.726 (0.085)
S+2p	= -3.021 (0.172)
S+2n	= -20.097 (0.085)
S+alpha	= 3.846 (0.100)

gap p	= -1.955 (0.122)
gap n	= -1.421 (0.119)
gap 2p	= 1.785 (0.196)
gap 2n	= 2.798 (0.120)
gap alpha	= 1.894 (0.133)