

$^{149}\text{Ho}$        $Z = 67$        $N = 82$       adopted link      ENSDF link

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

BE = 1211.855 ( 0.012) MeV

Qbeta+ = 6.048 ( 0.015) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-2.329 ( 0.112)				
149HO	1			0.000 (11/2-)	1 21.1 S 2
149HO	2			0.049 (1/2+)	2 56 S 3
149HO	3			0.220 (3/2+)	3
149HO	4			0.564 (5/2+)	4
149HO	5			1.001 (7/2+)	5
S-p	= 1.075 ( 0.015)				
149HO	6			1.171	6
149HO	7			1.184	7
149HO	8			1.277 (9/2-)	8
149HO	9			1.380 (15/2+)	9
149HO	10			1.415 (7/2+)	10
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149HO	11			1.531	11
149HO	12			1.552	12
149HO	13			1.560 (15/2-)	13
149HO	14			1.602	14
149HO	15			1.649	15
149HO	16			1.707	16
149HO	17			1.735	17
149HO	18			1.766	18
149HO	19			1.797 (3/2+)	19
149HO	20			1.829	20
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149HO	21			1.997	21
149HO	22			2.025 (19/2+)	22
149HO	23			2.072	23
149HO	24			2.135	24
149HO	25			2.149	25
149HO	26			2.178	26
149HO	27			2.209 (9/2-)	27
149HO	28			2.222	28
149HO	29			2.227 (9/2-)	29
149HO	30			2.267 (9/2-)	30
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149HO	31			2.287 (19/2-)	31
149HO	32			2.297 (9/2-)	32
149HO	33			2.318	33
149HO	34			2.322 (9/2-)	34
149HO	35			2.327	35

149HO 36				2.368		36
149HO 37				2.381		37
149HO 38				2.409	(23/2+)	38
149HO 39				2.450	(9/2-)	39
149HO 40				2.469	(9/2-)	40
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149HO 41				2.493	(9/2-)	41
149HO 42				2.499		42
149HO 43				2.513		43
149HO 44				2.580		44
149HO 45				2.591		45
149HO 46				2.594	(23/2-)	46
149HO 47				2.607	(9/2-)	47
149HO 48				2.633		48
149HO 49				2.677	(9/2-)	49
149HO 50				2.715		50
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149HO 51				2.738	(27/2-)	51 59 NS 4
149HO 52				2.805		52
149HO 53				2.825	(9/2-)	53
149HO 54				2.851		54
149HO 55				2.902		55
149HO 56				2.914	(9/2-)	56
149HO 57				2.936		57
149HO 58				2.939		58
149HO 59				2.966		59
149HO 60				2.978		60
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149HO 61				2.992	(9/2-)	61
149HO 62				2.997		62
149HO 63				3.001	(9/2-)	63
149HO 64				3.005	(9/2-)	64
149HO 65				3.049		65
149HO 66				3.061		66
149HO 67				3.125	(9/2-)	67
149HO 68				3.820	(1/2+, 3/2+)	68
149HO 69				4.030	(1/2+, 3/2+)	69
149HO 70				4.280	(1/2+, 3/2+)	70
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149HO 71				4.413		71
149HO 72				4.441		72
149HO 73				4.520	(1/2+, 3/2+)	73
149HO 74				4.652		74
149HO 75				4.662		75
149HO 76				4.700		76
149HO 77				4.706		77
149HO 78				5.020	(1/2+, 3/2+)	78
149HO 79				5.079		79
149HO 80				5.090	(1/2+, 3/2+)	80
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149H0	81				5.099	81		
S-2p	=	5.481	( 0.014)	-----				
149H0	82				7.200	82	100 NS	GE

  

S-p	=	1.075	( 0.015)	-----				
S-n	=	11.726	( 0.085)	-----				
S-2p	=	5.481	( 0.014)	-----				
S-2n	=	22.031	( 0.013)	-----				
S-alpha	=	-2.329	( 0.112)	-----				

  

S+p	=	-3.474	( 0.021)					
S+n	=	-8.371	( 0.019)					
S+2p	=	-3.704	( 0.023)					
S+2n	=	-18.120	( 0.015)					
S+alpha	=	5.248	( 0.017)					

  

gap p	=	-2.399	( 0.026)					
gap n	=	3.355	( 0.087)					
gap 2p	=	1.777	( 0.027)					
gap 2n	=	3.912	( 0.020)					
gap alpha	=	2.919	( 0.113)					