

$^{150}\text{Ho}$        $Z = 67$        $N = 83$       adopted link      ENSDF link

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

BE = 1220.226 ( 0.014) MeV

Qbeta+ = 7.364 ( 0.015) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-3.393 ( 0.047)				
150HO	1			0.000 (2)-	1 72 S 4
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S-p	= 1.541 ( 0.017)				
S-n	= 8.371 ( 0.019)				
S-2p	= 5.987 ( 0.019)				
S-2n	= 20.097 ( 0.085)				
S-alpha=	-3.393 ( 0.047)				
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S+p	= -3.609 ( 0.022)				
S+n	= -9.748 ( 0.016)				
S+2p	= -4.352 ( 0.056)				
S+2n	= -17.801 ( 0.019)				
S+alpha	= 5.094 ( 0.020)				
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gap p	= -2.068 ( 0.028)				
gap n	= -1.377 ( 0.025)				
gap 2p	= 1.635 ( 0.059)				
gap 2n	= 2.296 ( 0.087)				
gap alpha	= 1.701 ( 0.051)				