

$^{153}\text{Ho}$        $Z = 67$        $N = 86$       adopted link      ENSDF link

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

BE = 1247.506 ( 0.005) MeV

Qbeta+ = 4.131 ( 0.006) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-4.052	( 0.006)	-----		
153HO 1			0.000	11/2-	1 2.01 M 3
153HO 2	0.069	1/2+			2 9.3 M 5
153HO 3				0.257 (3/2+)	3
153HO 4				0.351 (7/2-,9/2-)	4
153HO 5				0.398 (7/2-,9/2-)	5
153HO 6			0.576	15/2-	6
153HO 7				0.634 (5/2+)	7
153HO 8				0.706	8
153HO 9			0.727	15/2-	9
153HO 10				0.815	10
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153HO 11				0.927	11
153HO 12	1.091	15/2+			12
153HO 13				1.151	13
153HO 14			1.207	19/2-	14
153HO 15			1.359	19/2-	15
153HO 16	1.646	19/2+			16
153HO 17				1.700 (7/2-,9/2-)	17)
153HO 18				1.801	18
153HO 19			1.873	23/2-	19
153HO 20				2.002	20
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153HO 21			2.030	23/2-	21
153HO 22			2.125	23/2-	22
S-p	= 2.183	( 0.007)	-----		
153HO 23	2.203	23/2+			23
153HO 24			2.297	27/2-	24
153HO 25			2.358	25/2-	25
153HO 26	2.736	27/2+			26
153HO 27	2.772	31/2+			27 229 NS 2
153HO 28	3.209	33/2+			28
153HO 29	3.685	35/2+			29
153HO 30	4.316	39/2+			30
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153HO 31	4.679	43/2+			31 0.5 NS 2
153HO 32	5.134	45/2+			32
153HO 33				5.771 (47/2+)	33
153HO 34	5.896	49/2+			34
153HO 35				6.076 (49/2+)	35

153H0	36				6.393	(51/2+)		36
153H0	37				6.518			37
153H0	38		6.937	53/2+				38
153H0	39				7.127	(53/2-)		39
153H0	40				7.403	(57/2+)		40
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153H0	41		7.598	61/2+				41 2.95 NS 15
153H0	42				7.933	(63/2+)		42
S-2p	=		7.966	( 0.007)	-----			
153H0	43				8.934	(65/2-)		43
153H0	44				9.074	67/2-		44 0.3 NS 1
S-n	=		9.479	( 0.014)	-----			
153H0	45				9.870	67/2-		45
S-p	=		2.183	( 0.007)	-----			
S-n	=		9.479	( 0.014)	-----			
S-2p	=		7.966	( 0.007)	-----			
S-2n	=		17.532	( 0.010)	-----			
S-alpha	=		-4.052	( 0.006)	-----			
S+p	=		-4.882	( 0.007)				
S+n	=		-7.699	( 0.010)				
S+2p	=		-6.192	( 0.011)				
S+2n	=		-17.170	( 0.018)				
S+alpha	=		3.878	( 0.028)				
gap p	=		-2.699	( 0.010)				
gap n	=		1.780	( 0.017)				
gap 2p	=		1.775	( 0.013)				
gap 2n	=		0.362	( 0.021)				
gap alpha	=		-0.174	( 0.029)				