

$^{154}\text{Ho}$        $Z = 67$        $N = 87$       adopted link      ENSDF link

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

BE = 1255.205 ( 0.008) MeV

Qbeta+ = 5.755 ( 0.011) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-4.042 ( 0.011)				
154Ho 1			0.000 2-		1 11.76 M 19
154Ho 2	0.027	1+			2

S-p = 2.785 ( 0.009)-----  
 S-n = 7.699 ( 0.010)-----  
 S-2p = 8.500 ( 0.041)-----  
 S-2n = 17.177 ( 0.015)-----  
 S-alpha= -4.042 ( 0.011)-----

S+p = -4.859 ( 0.010)  
 S+n = -9.472 ( 0.019)  
 S+2p = -6.773 ( 0.016)  
 S+2n = -17.042 ( 0.039)  
 S+alpha = 3.511 ( 0.027)

gap p = -2.074 ( 0.014)  
 gap n = -1.773 ( 0.022)  
 gap 2p = 1.727 ( 0.044)  
 gap 2n = 0.136 ( 0.042)  
 gap alpha = -0.530 ( 0.029)