

^{155}Ho $Z = 67$ $N = 88$ adopted link ENSDF link

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

BE = 1264.677 (0.017) MeV

Qbeta+ = 3.116 (0.020) MeV

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

S-alpha=	-3.159	(0.018)	-----		
155HO 1	0.000	5/2+			1 48 M 2
155HO 2	0.110	7/2+			2 0.7 NS LT
155HO 3			0.142	11/2-	3 0.88 MS 8
155HO 4				0.201	3/2+,5/2+,7/2+
155HO 5			0.231	9/2-	5
155HO 6				0.234	5/2-,7/2-
155HO 7	0.242	7/2+			7
155HO 8	0.345	9/2+			8
155HO 9				0.389	9
155HO 10				0.419	-

155HO 11				0.451	(7/2-)
155HO 12				0.471	
155HO 13			0.519	15/2-	13
155HO 14				0.530	
155HO 15			0.538	13/2-	15
155HO 16	0.565	11/2+			16
155HO 17				0.565	(11/2+)
155HO 18				0.653	
155HO 19				0.683	
155HO 20	0.817	13/2+			20

155HO 21			1.002	17/2-	21
155HO 22			1.017	19/2-	22
155HO 23	1.080	15/2+			23
155HO 24	1.362	17/2+			24
155HO 25			1.561	21/2-	25
155HO 26			1.605	23/2-	26
155HO 27	1.647	19/2+			27
155HO 28	1.669	19/2+			28
155HO 29	1.973	21/2+			29
155HO 30	2.129	23/2+			30

155HO 31			2.189	25/2-	31
155HO 32			2.265	27/2-	32
155HO 33	2.297	23/2+			33
155HO 34	2.464	27/2+			34
155HO 35				2.617	(25/2+)
155HO 36				2.644	(27/2+)

155HO	37						2.730	29/2(+)	37
155HO	38				2.859		29/2-		38
155HO	39						2.877	(29/2+)	39
155HO	40		2.917		31/2+				40

S-p	=		2.935	(0.019)	-----			
155HO	41						2.935	(27/2+)	41
155HO	42				2.978		31/2-		42
155HO	43						3.065	(31/2+)	43
155HO	44						3.263	33/2(+)	44
155HO	45						3.265	(29/2+)	45
155HO	46				3.400		33/2-		46
155HO	47		3.490		35/2+				47
155HO	48				3.651		35/2-		48
155HO	49						3.658	(35/2+)	49
155HO	50						3.834	(33/2+)	50

155HO	51						3.838	37/2(+)	51
155HO	52				3.906		37/2-		52
155HO	53		4.120		39/2+				53
155HO	54				4.211		39/2-		54
155HO	55						4.278	(39/2+)	55
155HO	56						4.489	41/2(+)	56
155HO	57				4.494		41/2-		57
155HO	58						4.601	41/2(+)	58
155HO	59				4.838		43/2-		59
155HO	60		4.876		43/2+				60

155HO	61						5.136	(41/2+)	61
155HO	62				5.167		45/2-		62
155HO	63						5.215	45/2(+)	63
155HO	64						5.392	45/2(+)	64
155HO	65				5.547		47/2-		65
155HO	66		5.710		47/2+				66
155HO	67						5.786	(45/2+)	67
155HO	68				5.933		49/2-		68
155HO	69						6.057	49/2(+)	69
155HO	70						6.168	49/2(+)	70

155HO	71				6.342		51/2-		71
155HO	72						6.576	(51/2-)	72
155HO	73		6.617		51/2+				73
155HO	74				6.774		53/2-		74
155HO	75						6.844	53/2(+)	75
155HO	76						6.953	53/2(+)	76
155HO	77				7.194		55/2-		77
155HO	78						7.292	57/2(+)	78
155HO	79						7.421	(55/2-)	79
155HO	80		7.536		55/2+				80

155HO 81				7.680	57/2-		81
155HO 82				7.711	57/2-		82
155HO 83						7.820 57/2(+)	83
155HO 84				8.054	59/2-		84
155HO 85						8.222 61/2(+)	85
155HO 86						8.241 59/2	86
155HO 87						8.274 (59/2-)	87
155HO 88						8.387 61/2(+)	88
155HO 89				8.487	61/2-		89
155HO 90				8.516	61/2-		90

155HO 91						8.742 (63/2-)	91
155HO 92				8.906	65/2-		92
155HO 93				8.925	63/2-		93
155HO 94						9.087 65/2(+)	94
155HO 95						9.279 65/2(+)	95
S-2p	=	9.304	(0.018)	-----			
155HO 96						9.431 65/2(+)	96
S-n	=	9.472	(0.019)	-----			
155HO 97						9.544 (67/2-)	97
155HO 98				9.618	65/2-		98
155HO 99						9.649 (67/2)	99
155HO 100						9.668 67/2	100

155HO 101				9.958	67/2-		101

S-p	=	2.935	(0.019)	-----			
S-n	=	9.472	(0.019)	-----			
S-2p	=	9.304	(0.018)	-----			
S-2n	=	17.170	(0.018)	-----			
S-alpha	=	-3.159	(0.018)	-----			

S+p	=	-5.461	(0.030)				
S+n	=	-7.570	(0.042)				
S+2p	=	-7.247	(0.033)				
S+2n	=	-16.936	(0.029)				
S+alpha	=	3.045	(0.033)				

gap p	=	-2.526	(0.036)				
gap n	=	1.902	(0.046)				
gap 2p	=	2.057	(0.038)				
gap 2n	=	0.235	(0.034)				
gap alpha	=	-0.114	(0.038)				