

^{156}Ho $Z = 67$ $N = 89$ adopted link ENSDF link

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

BE = 1272.247 (0.038) MeV

Qbeta+ = 4.991 (0.038) MeV

| | Energy T | J+ | | J- | | J-other | | T1/2 |
|----------|----------|----------|-------|-------|----|---------|---------|--------------|
| ----- | | | | | | | | |
| S-alpha= | -2.754 | (0.055) | ----- | | | | | |
| 156HO 1 | | | | 0.000 | 4- | | | 1 56 M 1 |
| 156HO 2 | | | | 0.052 | 1- | | | 2 9.5 S 15 |
| 156HO 3 | | | | 0.082 | 2- | | | 3 1.38 NS 12 |
| 156HO 4 | | 0.091 | | | | | | 4 |
| 156HO 5 | | 0.118 | | | | | | 5 58 NS 3 |
| 156HO 6 | | | | 0.216 | 1- | | | 6 |
| 156HO 7 | | | | | | | 0.251 | 7 |
| 156HO 8 | | | | | | | 0.268 1 | 8 |
| 156HO 9 | | | | | | | 0.304 | 9 |
| 156HO 10 | | | | | | | 0.434 1 | 10 |
| ----- | | | | | | | | |
| 156HO 11 | | | | | | | 0.505 | 11 |
| 156HO 12 | | | | | | | 0.572 | 12 |

S-p = 3.671 (0.040)-----
 S-n = 7.570 (0.042)-----
 S-2p = 9.960 (0.059)-----
 S-2n = 17.042 (0.039)-----
 S-alpha= -2.754 (0.055)-----

S+p = -5.164 (0.047)
 S+n = -9.366 (0.045)
 S+2p = -7.743 (0.046)
 S+2n = -16.792 (0.047)
 S+alpha = 2.812 (0.050)

gap p = -1.493 (0.061)
 gap n = -1.796 (0.062)
 gap 2p = 2.217 (0.075)
 gap 2n = 0.250 (0.061)
 gap alpha = 0.058 (0.075)