

$^{157}\text{Ho}$        $Z = 67$        $N = 90$       adopted link      ENSDF link

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

BE = 1281.613 ( 0.023) MeV

Qbeta+ = 2.592 ( 0.024) MeV

	Energy T	J+		J-		J-other		T1/2
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S-alpha=	-2.056	( 0.024)	-----					
157HO 1				0.000	7/2-			1 12.6 M 2
157HO 2		0.053	5/2+					2 20 NS 1
157HO 3		0.067	7/2+					3
157HO 4					0.084	9/2-		4 0.3 NS LE
157HO 5								5
157HO 6								6
157HO 7								7 0.58 NS 8
157HO 8								8
157HO 9					0.188	11/2-		9 46 PS 12
157HO 10		0.204	7/2+					10
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157HO 11								11
157HO 12		0.228	9/2+					12
157HO 13								13
157HO 14					0.356	13/2-		14 12.6 PS 21
157HO 15								15
157HO 16								16
157HO 17		0.375	9/2+					17
157HO 18								18
157HO 19					0.391	5/2-		19
157HO 20		0.408	11/2+					20
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157HO 21								21
157HO 22								22
157HO 23								23
157HO 24					0.504	15/2-		24 10.3 PS 15
157HO 25					0.525	5/2-		25
157HO 26								26
157HO 27								27
157HO 28								28
157HO 29								29
157HO 30		0.567	11/2+					30
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157HO 31					0.570	3/2-		31
157HO 32								32
157HO 33								33
157HO 34								34
157HO 35		0.610	13/2+					35
157HO 36		0.628	1/2+					36

157HO	37		0.638	3/2+						37
157HO	38					0.654	9/2-			38
157HO	39							0.662	(11/2+)	39
157HO	40							0.692		40
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157HO	41							0.705		41
157HO	42							0.729		42
157HO	43					0.749	17/2-			43 6.1 PS 6
157HO	44							0.762		44
157HO	45		0.787	13/2+						45
157HO	46							0.817	3/2+,5/2+	46
157HO	47		0.833	15/2+						47
157HO	48					0.873	13/2-			48
157HO	49							0.894		49
157HO	50					0.910	15/2-			50
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157HO	51					0.928	19/2-			51 6.2 PS 10
157HO	52							0.946		52
157HO	53							0.966	7/2+,9/2+	53
157HO	54					0.996	11/2-			54
157HO	55		1.002	15/2+						55
157HO	56		1.070	17/2+						56
157HO	57							1.141	5/2-,7/2-	57
157HO	58							1.158		58
157HO	59							1.176		59
157HO	60					1.180	17/2-			60
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157HO	61							1.196	5/2-,7/2,9/2+	61
157HO	62							1.203		62
157HO	63							1.238		63
157HO	64					1.238	21/2-			64 1.6 PS 4
157HO	65							1.252		65
157HO	66							1.276	(17/2+)	66
157HO	67							1.292		67
157HO	68		1.328	19/2+						68
157HO	69					1.342	19/2-			69
157HO	70							1.345		70
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157HO	71							1.362		71
157HO	72							1.380		72
157HO	73							1.403		73
157HO	74							1.430		74
157HO	75					1.441	23/2-			75 2.4 PS 6
157HO	76							1.442		76
157HO	77							1.456		77
157HO	78							1.487		78
157HO	79		1.489	19/2+						79
157HO	80							1.508		80
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157HO	81							1.518		81

157HO 82						1.532				82
157HO 83						1.548				83
157HO 84				1.569		21/2-				84
157HO 85		1.593		21/2+						85
157HO 86						1.602				86
157HO 87						1.627				87
157HO 88						1.634				88
157HO 89						1.658				89
157HO 90						1.690				90
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157HO 91		1.696		19/2+						91
157HO 92						1.707				92
157HO 93						1.739				93
157HO 94						1.758				94
157HO 95				1.799		25/2-				95 1.5 PS 7
157HO 96						1.816				96
157HO 97						1.822		(21/2+)		97
157HO 98				1.852		23/2-				98
157HO 99						1.862		(19/2+)		99
157HO 100		1.876		23/2+						100
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157HO 101		2.022		23/2+						101
157HO 102				2.024		27/2-				102 2.1 PS 3
157HO 103				2.037		25/2-				103
157HO 104						2.056		(21/2+)		104
157HO 105						2.157		(23/2+)		105
157HO 106		2.160		25/2+						106
157HO 107		2.270		23/2+						107
157HO 108		2.368		25/2+						108
157HO 109		2.370		25/2+						109
157HO 110				2.405		27/2-				110
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157HO 111				2.413		29/2-				111 1.5 PS 7
157HO 112		2.454		27/2+						112
157HO 113		2.514		27/2+						113
157HO 114		2.555		27/2+						114
157HO 115				2.574		29/2-				115
157HO 116						2.590		(27/2+)		116
157HO 117				2.654		31/2-				117 0.7 PS 6
157HO 118		2.693		29/2+						118
157HO 119				2.697		29/2-				119
157HO 120		2.721		29/2+						120
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157HO 121		2.740		29/2+						121
157HO 122				2.853		31/2-				122
157HO 123		2.903		31/2+						123
157HO 124		2.928		31/2+						124
157HO 125		2.996		31/2+						125
157HO 126				3.016		33/2-				126 0.7 PS LT
157HO 127				3.077		33/2-				127

157HO 128		3.142	33/2+			128			
157HO 129		3.164	33/2+			129			
157HO 130				3.173	33/2-	130	1.2 PS	+7-5	
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157HO 131				3.220	35/2-	131	1.5 PS	7	
157HO 132		3.242	33/2+			132			
157HO 133				3.350	35/2-	133			
157HO 134		3.407	35/2+			134			
157HO 135		3.408	35/2+			135			
157HO 136				3.457	37/2-	136	2.6 PS	4	
157HO 137		3.479	35/2+			137			
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S-p	=	3.592	( 0.023)						
157HO 138		3.695	37/2+			138			
157HO 139				3.709	37/2-	139			
157HO 140		3.711	37/2+			140			
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157HO 141				3.721	39/2-	141	1.0 PS	3	
157HO 142		3.742	37/2+			142			
157HO 143				3.823	37/2-	143	0.18 PS	+11-10	
157HO 144		3.994	39/2+			144			
157HO 145				3.995	41/2-	145	2.5 PS	LT	
157HO 146				4.000	39/2-	146			
157HO 147		4.004	39/2+			147			
157HO 148		4.018	39/2+			148			
157HO 149		4.310	41/2+			149			
157HO 150				4.311	43/2-	150			
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157HO 151		4.331	41/2+			151			
157HO 152				4.335	41/2-	152			
157HO 153		4.340	41/2+			153			
157HO 154				4.513	41/2-	154	0.38 PS	10	
157HO 155		4.616	43/2+			155			
157HO 156				4.632	45/2-	156	0.19 PS	+12-8	
157HO 157				4.644	43/2-	157			
157HO 158		4.674	43/2+			158			
157HO 159		4.684	43/2+			159			
157HO 160		4.951	45/2+			160			
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157HO 161				4.977	45/2-	161			
157HO 162				4.993	47/2-	162	0.19 PS	+8-9	
157HO 163		5.029	45/2+			163			
157HO 164		5.032	45/2+			164			
157HO 165				5.234	45/2-	165	0.19 PS	+10-7	
157HO 166		5.291	47/2+			166			
157HO 167				5.315	47/2-	167			
157HO 168				5.363	49/2-	168	0.14 PS	5	
157HO 169		5.399	47/2+			169			
157HO 170		5.418	47/2+			170			
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157HO 171		5.656	49/2+			171			

157HO 172				5.678	49/2-				172
157HO 173				5.760	51/2-				173 0.23 PS +4-6
157HO 174		5.764	49/2+						174
157HO 175		5.777	49/2+						175
157HO 176				5.987	49/2-				176 0.20 PS +17-14
157HO 177		6.026	51/2+						177
157HO 178				6.045	51/2-				178
157HO 179		6.163	51/2+						179
157HO 180		6.177	51/2+						180
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157HO 181				6.179	53/2-				181 0.17 PS 6
157HO 182		6.417	53/2+						182
157HO 183				6.451	53/2-				183
157HO 184		6.530	53/2+						184
157HO 185		6.557	53/2+						185
157HO 186				6.603	55/2-				186 0.12 PS 3
157HO 187				6.782	53/2-				187 0.13 PS +16-7
157HO 188		6.815	55/2+						188
157HO 189				6.844	55/2-				189
157HO 190		6.961	55/2+						190
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157HO 191		6.971	55/2+						191
157HO 192				7.073	57/2-				192 0.12 PS +10-5
157HO 193		7.231	57/2+						193
157HO 194				7.303	57/2-				194
157HO 195		7.336	57/2+						195
157HO 196		7.378	57/2+						196
157HO 197				7.512	59/2-				197 0.08 PS +5-4
157HO 198						7.621	(57/2-)		198
157HO 199		7.655	59/2+						199
157HO 200				7.715	59/2-				200
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157HO 201		7.808	59/2+						201
157HO 202		7.811	59/2+						202
157HO 203				8.044	61/2-				203
157HO 204		8.097	61/2+						204
157HO 205		8.194	61/2+						205
157HO 206				8.233	61/2-				206
157HO 207		8.252	61/2+						207
157HO 208				8.470	63/2-				208
157HO 209						8.510	(61/2-)		209
157HO 210		8.546	63/2+						210
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157HO 211				8.659	63/2-				211
157HO 212		8.708	63/2+						212
157HO 213						8.714	(63/2+)		213
157HO 214		9.016	65/2+						214
157HO 215				9.080	65/2-				215
157HO 216		9.109	65/2+						216
157HO 217		9.193	65/2+						217

157H0 218				9.228	65/2-		218
S-n	=	9.366	( 0.045)	-----			
157H0 219				9.448	67/2-		219
157H0 220				9.449	(65/2-)		220
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157H0 221		9.490	67/2+				221
157H0 222				9.671	(67/2+)		222
157H0 223				9.688	(67/2+)		223
157H0 224		9.985	69/2+				224

S-p = 3.592 ( 0.023)-----  
 S-n = 9.366 ( 0.045)-----  
 S-2p = 10.160 ( 0.025)-----  
 S-2n = 16.936 ( 0.029)-----  
 S-alpha= -2.056 ( 0.024)-----

S+p = -5.760 ( 0.034)  
 S+n = -7.426 ( 0.036)  
 S+2p = -8.315 ( 0.036)  
 S+2n = -16.639 ( 0.024)  
 S+alpha = 2.509 ( 0.036)

gap p = -2.167 ( 0.042)  
 gap n = 1.940 ( 0.058)  
 gap 2p = 1.845 ( 0.044)  
 gap 2n = 0.296 ( 0.038)  
 gap alpha = 0.453 ( 0.044)