

$^{158}\text{Ho}$        $Z = 67$        $N = 91$       adopted link      ENSDF link

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

BE = 1289.038 ( 0.027) MeV

Qbeta+ = 4.220 ( 0.027) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-1.544	( 0.053)	-----		
158HO 1	0.000	5+			1 11.3 M 4
158HO 2			0.067	2-	2 28 M 2
158HO 3	0.075	2+			3 60 NS 10
158HO 4				0.092	1-,2-,3-
158HO 5				0.103	(6+)
158HO 6				0.126	(2+)
158HO 7				0.137	(2-)
158HO 8	0.147	1+			8 1.85 NS 10
158HO 9				0.157	(5-)
158HO 10				0.180	(9+)
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158HO 11				0.190	0+,1+,2+
158HO 12				0.208	(8-)
158HO 13				0.225	(7+)
158HO 14				0.228	(6-)
158HO 15				0.241	0+,1+
158HO 16				0.255	(3+)
158HO 17				0.278	(9-)
158HO 18				0.279	(7+)
158HO 19				0.328	(7-)
158HO 20				0.359	(8+)
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158HO 21				0.368	(8+)
158HO 22				0.379	(10-)
158HO 23	0.386	1+			23
158HO 24				0.395	0,1
158HO 25				0.398	0+,1+,2+
158HO 26				0.405	(10+)
158HO 27	0.433	1+			27
158HO 28				0.444	(8-)
158HO 29				0.454	(9+)
158HO 30	0.462	1+			30
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158HO 31				0.494	(11-)
158HO 32				0.531	(9+)
158HO 33				0.582	(10+)
158HO 34				0.603	(9-)
158HO 35				0.652	(11+)
158HO 36				0.653	(12-)

158HO	37				0.663	0+,1+	37
158HO	38				0.716	(10+)	38
158HO	39				0.736	(11+)	39
158HO	40				0.769	(10-)	40
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158HO	41				0.811	(1+)	41
158HO	42				0.819	(13-)	42
158HO	43				0.917	(11+)	43
158HO	44				0.918	(12+)	44
158HO	45				0.919	(12+)	45
158HO	46				0.983	(11-)	46
158HO	47				1.033	(14-)	47
158HO	48				1.111	(12+)	48
158HO	49				1.120	(13+)	49
158HO	50				1.200	(13+)	50
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158HO	51				1.205	(12-)	51
158HO	52				1.255	(15-)	52
158HO	53				1.349	(14+)	53
158HO	54				1.362	(13+)	54
158HO	55				1.461	(13-)	55
158HO	56				1.497	(14+)	56
158HO	57				1.510	(16-)	57
158HO	58				1.557	(14+)	58
158HO	59				1.590	(15+)	59
158HO	60				1.738	(14-)	60
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158HO	61				1.788	(17-)	61
158HO	62				1.806	(15+)	62
158HO	63				1.860	(16+)	63
158HO	64				1.868	(15+)	64
158HO	65				2.014	(16+)	65
158HO	66				2.024	(15-)	66
158HO	67				2.074	(18-)	67
158HO	68				2.122	(16+)	68
158HO	69				2.132	(17+)	69
158HO	70				2.355	(16-)	70
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158HO	71				2.404	(19-)	71
158HO	72				2.431	(18+)	72
158HO	73				2.434	(17+)	73
158HO	74				2.444	(17+)	74
158HO	75				2.711	(20-)	75
158HO	76				2.728	(19+)	76
158HO	77				2.765	(18+)	77
158HO	78				3.052	(20+)	78
158HO	79				3.086	(21-)	79
158HO	80				3.366	(21+)	80
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158HO	81				3.405	(22-)	81

158HO 82				3.688	(22+)	82
158HO 83				3.813	(23-)	83
158HO 84				4.001	(23+)	84
S-p = 4.052 ( 0.028)-----						
158HO 85				4.143	(24-)	85
158HO 86				4.339	(24+)	86
158HO 87				4.574	(25-)	87
158HO 88				4.693	(25+)	88
158HO 89				4.917	(26-)	89
158HO 90				5.079	(26+)	90
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158HO 91				5.370	(27-)	91
158HO 92				5.476	(27+)	92
158HO 93				5.734	(28-)	93
158HO 94				5.903	(28+)	94
158HO 95				6.219	(29-)	95
158HO 96				6.342	(29+)	96
158HO 97				6.604	(30-)	97
158HO 98				6.792	(30+)	98
158HO 99				7.132	(31-)	99
158HO 100				7.235	(31+)	100
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S-n = 7.426 ( 0.036)-----						
158HO 101				7.535	(32-)	101
158HO 102				7.685	(32+)	102
158HO 103				8.115	(33-)	103
158HO 104				8.144	(33+)	104
158HO 105				8.525	(34-)	105
158HO 106				8.618	(34+)	106
158HO 107				9.101	(35+)	107
158HO 108				9.168	(35-)	108
158HO 109				9.565	(36-)	109
158HO 110				9.599	(36+)	110
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S-p = 4.052 ( 0.028)-----						
S-n = 7.426 ( 0.036)-----						
S-2p = 10.674 ( 0.027)-----						
S-2n = 16.792 ( 0.047)-----						
S-alpha= -1.544 ( 0.053)-----						
S+p	=	-5.663	( 0.027)			
S+n	=	-9.214	( 0.027)			
S+2p	=	-8.692	( 0.042)			
S+2n	=	-16.338	( 0.031)			
S+alpha	=	2.285	( 0.038)			
gap p	=	-1.611	( 0.039)			
gap n	=	-1.788	( 0.045)			

gap 2p = 1.983 ( 0.051)  
gap 2n = 0.454 ( 0.056)  
gap alpha = 0.740 ( 0.065)