

^{159}Ho $Z = 67$ $N = 92$ adopted link ENSDF link

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

BE = 1298.252 (0.003) MeV

Qbeta+ = 1.838 (0.003) MeV

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

S-alpha=	-1.496	(0.010)	-----		
159HO 1			0.000	7/2-	1 33.05 M 11
159HO 2			0.097	9/2-	2
159HO 3	0.166	7/2+			3
159HO 4	0.206	1/2+			4 8.30 S 8
159HO 5	0.213	3/2+			5
159HO 6			0.219	11/2-	6
159HO 7	0.253	5/2+			7
159HO 8	0.297	9/2+			8
159HO 9	0.313	5/2+			9
159HO 10	0.342	7/2+			10

159HO 11				0.364 (7/2+)	11
159HO 12			0.369	13/2-	12
159HO 13				0.382 (7/2+)	13
159HO 14				0.382 3/2+,5/2+	14
159HO 15			0.424	1/2-	15
159HO 16	0.450	11/2+			16
159HO 17			0.464	5/2-	17
159HO 18				0.482 7/2+,9/2+	18
159HO 19			0.521	3/2-	19
159HO 20			0.536	15/2-	20

159HO 21				0.562	21
159HO 22				0.581 (3/2)-	22
159HO 23			0.590	9/2-	23
159HO 24	0.599	11/2+			24
159HO 25	0.624	13/2+			25
159HO 26			0.625	5/2-	26
159HO 27				0.630 (9/2+)	27
159HO 28			0.649	5/2-	28
159HO 29	0.671	5/2+			29
159HO 30			0.680	7/2-	30

159HO 31				0.692	31
159HO 32				0.718 (7/2-)	32
159HO 33			0.740	17/2-	33
159HO 34				0.775	34
159HO 35	0.781	7/2+			35
159HO 36			0.806	13/2-	36

159HO	37					0.815	(9/2-)	37
159HO	38	0.815	3/2+					38
159HO	39	0.820	15/2+					39
159HO	40	0.875	1/2+					40

159HO	41					0.899	9/2-, 11/2-	41
159HO	42					0.907		42
159HO	43	0.934	9/2+					43
159HO	44			0.945	19/2-			44
159HO	45	0.947	15/2+					45
159HO	46					0.966		46
159HO	47	1.031	17/2+					47
159HO	48					1.042		48
159HO	49					1.074		49
159HO	50			1.110	17/2-			50

159HO	51			1.156	11/2-			51
159HO	52	1.178	1/2+					52
159HO	53			1.198	21/2-			53
159HO	54	1.201	1/2+					54
159HO	55					1.249	(7/2+, 9/2+)	55
159HO	56	1.262	19/2+					56
159HO	57					1.270		57
159HO	58					1.296		58
159HO	59					1.310		59
159HO	60					1.319	(3/2+, 5/2+)	60

159HO	61					1.332	(1/2-, 3/2)	61
159HO	62					1.355	(5/2)+	62
159HO	63					1.367		63
159HO	64	1.375	19/2+					64
159HO	65					1.398	(5/2-, 7/2-)	65
159HO	66					1.404		66
159HO	67					1.428	3/2+, 5/2+	67
159HO	68			1.431	23/2-			68
159HO	69					1.450		69
159HO	70					1.469	3/2-, 5/2-	70

159HO	71					1.480		71
159HO	72					1.493	3/2-, 5/2-	72
159HO	73					1.496	(5/2-, 7/2-)	73
159HO	74			1.499	21/2-			74
159HO	75	1.503	21/2+					75
159HO	76					1.521		76
159HO	77					1.552		77
159HO	78					1.558	5/2(-)	78
159HO	79					1.588	1/2, 3/2-	79
159HO	80					1.617		80

159HO	81					1.636		81

159HO 82						1.680	3/2-,5/2-	82	
159HO 83		1.690	5/2+					83	
159HO 84				1.727	25/2-			84	
159HO 85		1.752	1/2+					85	
159HO 86		1.759	23/2+					86	
159HO 87						1.780	3/2-,5/2-	87	
159HO 88						1.789		88	
159HO 89						1.804	(7/2+,9/2+)	89	
159HO 90						1.822		90	

159HO 91						1.839		91	
159HO 92						1.855		92	
159HO 93						1.863		93	
159HO 94		1.866	23/2+					94	
159HO 95						1.891	3/2-,5/2+	95	
159HO 96						1.902	(3/2-,5/2-)	96	
159HO 97				1.967	25/2-			97	
159HO 98				1.982	27/2-			98	
159HO 99						2.002	(5/2+)	99	
159HO 100		2.022	25/2+					100	

159HO 101						2.091	(3/2-,5/2-)	101	
159HO 102		2.294	27/2+					102	
159HO 103				2.305	29/2-			103	
159HO 104		2.403	27/2+					104	
159HO 105				2.509	29/2-			105	
159HO 106		2.570	29/2+					106	
159HO 107				2.575	31/2-			107	
159HO 108						2.849	(31/2+)	108	
159HO 109				2.893	33/2-			109	
159HO 110						2.978	(31/2+)	110	

159HO 111				3.113	33/2-			111	
159HO 112						3.129	(33/2+)	112	
159HO 113				3.161	35/2-			113	
159HO 114						3.419	(35/2+)	114	
159HO 115				3.437	37/2-			115	
159HO 116						3.521	(35/2+)	116	
159HO 117				3.708	39/2-			117	
159HO 118				3.771	37/2-			118	
159HO 119				3.993	41/2-			119	
159HO 120						4.090	(39/2+)	120	

S-p	=	4.211 (0.004)-----							
159HO 121						4.295	(43/2-)	121	
159HO 122						4.465	(41/2-)	122	
159HO 123						4.621	(45/2-)	123	
159HO 124						4.955	(47/2-)	124	
159HO 125						5.174	(45/2-)	125	
159HO 126						5.331	(49/2-)	126	

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S-p    =  4.211 ( 0.004)-----  
S-n    =  9.214 ( 0.027)-----  
S-2p   = 11.144 ( 0.003)-----  
S-2n   = 16.639 ( 0.024)-----  
S-alpha= -1.496 ( 0.010)-----  
  
S+p    = -6.024 ( 0.024)  
S+n    = -7.124 ( 0.015)  
S+2p   = -9.147 ( 0.028)  
S+2n   = -16.009 ( 0.004)  
S+alpha =  2.176 ( 0.006)  
  
gap p   = -1.812 ( 0.025)  
gap n   =  2.089 ( 0.031)  
gap 2p  =  1.996 ( 0.028)  
gap 2n  =  0.630 ( 0.024)  
gap alpha =  0.680 ( 0.012)
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