

^{160}Ho $Z = 67$ $N = 93$ adopted link ENSDF link

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

BE = 1305.376 (0.015) MeV

Qbeta+ = 3.290 (0.015) MeV

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

S-alpha=	-1.284 (0.015)	-----			
160HO	1 0.000	5+			1 25.6 M 3
160HO	2		0.060	2-	2 5.02 H 5
160HO	3 0.067	1+			3 28 NS 2
160HO	4 0.107	6+			4 48 NS 10
160HO	5		0.118	6-	5 56 NS 8
160HO	6		0.170	7-	6

S-p = 4.504 (0.015)-----

S-n = 7.124 (0.015)-----

S-2p = 11.490 (0.015)-----

S-2n = 16.338 (0.031)-----

S-alpha= -1.284 (0.015)-----

S+p = -6.108 (0.017)

S+n = -8.885 (0.015)

S+2p = -9.673 (0.030)

S+2n = -15.801 (0.015)

S+alpha = 2.049 (0.029)

gap p = -1.604 (0.023)

gap n = -1.761 (0.022)

gap 2p = 1.817 (0.034)

gap 2n = 0.537 (0.035)

gap alpha = 0.765 (0.033)