

$^{161}\text{Ho}$        $Z = 67$        $N = 94$       adopted link      ENSDF link

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

BE = 1314.261 ( 0.002) MeV

Qbeta+ = 0.859 ( 0.002) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-1.143	( 0.002)	-----		
161HO 1			0.000	7/2-	1 2.48 H 5
161HO 2			0.100	9/2-	2
161HO 3	0.211	1/2+			3 6.76 S 7
161HO 4			0.222	11/2-	4
161HO 5	0.222	3/2+			5
161HO 6	0.253	7/2+			6 0.2 NS LE
161HO 7				0.282	7
161HO 8	0.299	3/2+			8
161HO 9	0.317	5/2+			9
161HO 10	0.353	7/2+			10 0.52 NS 15
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161HO 11			0.368	13/2-	11
161HO 12	0.371	9/2+			12
161HO 13	0.373	5/2+			13
161HO 14			0.424	1/2-	14
161HO 15	0.447	5/2+			15
161HO 16			0.459	5/2-	16
161HO 17	0.463	7/2+			17
161HO 18	0.512	11/2+			18
161HO 19	0.520	9/2+			19
161HO 20			0.526	3/2-	20
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161HO 21			0.534	15/2-	21
161HO 22				0.554 (5/2-,7/2,9/2+)	22
161HO 23			0.580	9/2-	23 0.2 NS LE
161HO 24	0.584	11/2+			24
161HO 25			0.593	3/2-	25
161HO 26	0.599	9/2+			26
161HO 27			0.649	5/2-	27
161HO 28	0.674	13/2+			28
161HO 29			0.694	7/2-	29
161HO 30				0.711	30
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161HO 31			0.726	17/2-	31
161HO 32	0.733	11/2+			32
161HO 33	0.760	5/2+			33
161HO 34			0.788	13/2-	34
161HO 35	0.821	13/2+			35
161HO 36			0.827	5/2-	36

161HO	37		0.857	15/2+					37
161HO	38		0.860	7/2+					38
161HO	39				0.906	7/2-			39
161HO	40		0.907	15/2+					40
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161HO	41						0.921	(13/2+)	41
161HO	42				0.932	19/2-			42
161HO	43						0.933		43
161HO	44						0.940		44
161HO	45		0.955	3/2+					45
161HO	46						0.992	(9/2+)	46
161HO	47						1.030	(9/2-)	47
161HO	48		1.060	17/2+					48
161HO	49				1.084	17/2-			49
161HO	50						1.096	(15/2+)	50
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161HO	51		1.100	1/2+					51
161HO	52				1.128	11/2-			52
161HO	53						1.137	(5/2,7/2)-	53
161HO	54				1.167	21/2-			54
161HO	55						1.177		55
161HO	56		1.211	17/2+					56
161HO	57						1.214		57
161HO	58						1.233	(3/2)+	58
161HO	59						1.240	(1/2,3/2,5/2)+	59
161HO	60		1.278	19/2+					60
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161HO	61						1.280	(11/2-)	61
161HO	62						1.291		62
161HO	63		1.312	19/2+					63
161HO	64						1.325	(3/2,5/2)+	64
161HO	65						1.355		65
161HO	66						1.394	(1/2+,3/2)	66
161HO	67				1.397	3/2-			67
161HO	68				1.404	23/2-			68
161HO	69						1.404	1/2,3/2	69
161HO	70						1.436	(1/2+)	70
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161HO	71				1.458	3/2-			71
161HO	72				1.462	3/2-			72
161HO	73				1.466	21/2-			73
161HO	74				1.488	3/2-			74
161HO	75						1.491	(3/2)-	75
161HO	76		1.514	21/2+					76
161HO	77						1.525	(5/2,7/2)-	77
161HO	78						1.529	(5/2+)	78
161HO	79						1.545	(3/2+)	79
161HO	80						1.592		80
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161HO	81						1.640	(5/2+)	81

161HO 82						1.644		82
161HO 83				1.657	5/2-			83
161HO 84						1.665		84
161HO 85		1.674	21/2+					85
161HO 86						1.675		86
161HO 87				1.678	25/2-			87
161HO 88		1.691	5/2+					88
161HO 89				1.715	5/2-			89
161HO 90						1.725		90
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161HO 91				1.740	5/2-			91
161HO 92						1.746	(3/2+,5/2+)	92
161HO 93		1.762	23/2+					93
161HO 94						1.767		94
161HO 95						1.776	(3/2,5/2)+	95
161HO 96		1.786	23/2+					96
161HO 97						1.818	5/2+,7/2,9/2	97
161HO 98						1.830	3/2-,5/2	98
161HO 99						1.848		99
161HO 100						1.869	3/2-,5/2,7/2-	100
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161HO 101				1.927	25/2-			101
161HO 102				1.939	27/2-			102
161HO 103						1.980		103
161HO 104		2.023	25/2+					104
161HO 105		2.193	25/2+					105
161HO 106				2.240	29/2-			106
161HO 107		2.293	27/2+					107
161HO 108		2.311	27/2+					108
161HO 109				2.462	29/2-			109
161HO 110				2.511	31/2-			110
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161HO 111		2.569	29/2+					111
161HO 112		2.738	29/2+					112
161HO 113				2.814	33/2-			113
161HO 114		2.846	31/2+					114
161HO 115		2.863	31/2+					115
161HO 116				3.065	33/2-			116
161HO 117				3.080	35/2-			117
161HO 118						3.125	(33/2+)	118
161HO 119		3.277	33/2+					119
161HO 120				3.362	37/2-			120
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161HO 121		3.392	35/2+					121
161HO 122		3.418	35/2+					122
161HO 123				3.630	39/2-			123
161HO 124				3.727	37/2-			124
161HO 125		3.824	37/2+					125
161HO 126				3.920	41/2-			126
161HO 127		3.981	39/2+					127

161HO 128				4.212	43/2-	128
161HO 129		4.402	41/2+			129
161HO 130				4.419	41/2-	130
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161HO 131				4.536	45/2-	131
161HO 132		4.583	43/2+			132
S-p	=	4.813 ( 0.002)-----				
161HO 133				4.853	47/2-	133
161HO 134				5.224	49/2-	134
161HO 135		5.239	47/2+			135
161HO 136				5.562	51/2-	136
161HO 137		5.949	51/2+			137

S-p = 4.813 ( 0.002)-----  
 S-n = 8.885 ( 0.015)-----  
 S-2p = 12.242 ( 0.002)-----  
 S-2n = 16.009 ( 0.004)-----  
 S-alpha= -1.143 ( 0.002)-----

S+p = -6.427 ( 0.002)  
 S+n = -6.916 ( 0.004)  
 S+2p = -10.110 ( 0.006)  
 S+2n = -15.324 ( 0.002)  
 S+alpha = 1.841 ( 0.003)

gap p = -1.614 ( 0.003)  
 gap n = 1.969 ( 0.016)  
 gap 2p = 2.131 ( 0.006)  
 gap 2n = 0.685 ( 0.004)  
 gap alpha = 0.699 ( 0.004)