

^{162}Ho $Z = 67$ $N = 95$ adopted link ENSDF link

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

BE = 1321.177 (0.003) MeV

Qbeta- = 0.294 (0.003) MeV

Qbeta+ = 2.141 (0.003) MeV

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

S-alpha=	-1.005	(0.003)			
162HO 1	0.000	1+			1 15.0 M 10
162HO 2	0.038	2+			2 1.2 NS 2
162HO 3	0.096	3+			3
162HO 4			0.106	6-	4 67.0 M 7
162HO 5	0.172	4+			5
162HO 6			0.176	7-	6
162HO 7			0.180	1-	7 8.7 NS 2
162HO 8				0.185 (6+)	8
162HO 9			0.267	8-	9
162HO 10	0.270	5+			10

162HO 11				0.301 (7+)	11
162HO 12			0.377	9-	12
162HO 13	0.386	6+			13
162HO 14				0.390 (6-)	14
162HO 15				0.437 (8+)	15
162HO 16				0.476 (7-)	16
162HO 17			0.508	10-	17
162HO 18	0.521	7+			18
162HO 19				0.563 (8-)	19
162HO 20				0.592 (9+)	20

162HO 21			0.658	11-	21
162HO 22	0.673	8+			22
162HO 23				0.687 (9-)	23
162HO 24				0.766 (10+)	24
162HO 25				0.811 (10-)	25
162HO 26			0.828	12-	26
162HO 27	0.846	9+			27
162HO 28				0.940 (11+)	28
162HO 29				0.979 (11-)	29
162HO 30			1.018	13-	30

162HO 31	1.031	10+			31
162HO 32				1.144 (12-)	32
162HO 33				1.147 (12+)	33
162HO 34			1.226	14-	34
162HO 35	1.244	11+			35

162HO	36						1.355	(13+)	36
162HO	37						1.359	(13-)	37
162HO	38				1.456	15-			38
162HO	39		1.457	12+					39
162HO	40						1.567	(14-)	40

162HO	41						1.599	(14+)	41
162HO	42				1.698	16-			42
162HO	43		1.709	13+					43
162HO	44						1.828	(15-)	44
162HO	45						1.834	(15+)	45
162HO	46		1.948	14+					46
162HO	47				1.970	17-			47
162HO	48						2.078	(16-)	48
162HO	49		2.235	15+					49
162HO	50				2.241	18-			50

162HO	51						2.380	(17-)	51
162HO	52				2.559	19-			52
162HO	53						2.672	(18-)	53
162HO	54				2.853	20-			54
162HO	55						3.006	(19-)	55
162HO	56				3.217	21-			56
162HO	57				3.529	22-			57
162HO	58				3.939	23-			58
162HO	59				4.265	24-			59
162HO	60				4.717	25-			60

162HO	61				5.053	26-			61
S-p	=	5.274	(0.003)	-----					
162HO	62				5.537	27-			62
162HO	63				5.882	28-			63

S-p	=	5.274	(0.003)	-----					
S-n	=	6.916	(0.004)	-----					
S-2p	=	12.782	(0.003)	-----					
S-2n	=	15.801	(0.015)	-----					
S-alpha	=	-1.005	(0.003)	-----					

S+p	=	-6.416	(0.006)						
S+n	=	-8.409	(0.003)						
S+2p	=	-10.446	(0.025)						
S+2n	=	-15.083	(0.003)						
S+alpha	=	1.729	(0.012)						

gap p	=	-1.142	(0.006)						
gap n	=	-1.493	(0.005)						
gap 2p	=	2.336	(0.025)						
gap 2n	=	0.718	(0.016)						

gap alpha = 0.724 (0.012)