

$^{163}\text{Ho}$        $Z = 67$        $N = 96$       adopted link      ENSDF link

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

BE = 1329.586 ( 0.001) MeV

Qbeta+ = 0.003 ( 0.001) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-0.730	( 0.001)	-----		
163HO 1			0.000	7/2-	1 4570 Y 25
163HO 2			0.100	9/2-	2
163HO 3			0.222	11/2-	3
163HO 4	0.298	1/2+			4 1.09 S 3
163HO 5	0.308	3/2+			5
163HO 6	0.360	3/2+			6
163HO 7			0.367	13/2-	7
163HO 8	0.392	5/2+			8
163HO 9				0.419	9
163HO 10	0.431	7/2+			10 0.37 NS 15
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163HO 11	0.440	7/2+			11 0.35 NS 15
163HO 12	0.441	5/2+			12
163HO 13				0.471 (1/2)-	13 0.2 NS LE
163HO 14			0.500	5/2-	14
163HO 15	0.528	7/2+			15
163HO 16				0.532 (15/2-)	16
163HO 17				0.552 (9/2+)	17
163HO 18				0.560 (3/2)-	18
163HO 19				0.578 (3/2)-	19
163HO 20				0.588 (9/2+)	20
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163HO 21				0.594	21
163HO 22			0.613	9/2-	22 0.3 NS LE
163HO 23				0.614 (5/2)-	23
163HO 24				0.652 (11/2+)	24
163HO 25				0.664 (9/2+)	25
163HO 26				0.688 (11/2+)	26
163HO 27				0.695 (7/2-)	27
163HO 28	0.710	5/2+			28
163HO 29				0.720 (17/2-)	29
163HO 30				0.746 (7/2)-	30
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163HO 31				0.795 (11/2+)	31
163HO 32				0.807 (9/2-)	32
163HO 33				0.810 (13/2-)	33
163HO 34				0.845 (13/2+)	34
163HO 35	0.876	5/2+			35
163HO 36				0.882 (13/2+)	36

163HO	37					0.924	(19/2-)	37
163HO	38					0.926	(11/2-)	38
163HO	39					0.965	(15/2+)	39
163HO	40	0.971	7/2+					40
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163HO	41					0.979	(13/2+)	41
163HO	42					0.990		42
163HO	43					1.026	(15/2+)	43
163HO	44					1.060		44
163HO	45					1.075	(13/2-)	45
163HO	46	1.089	9/2+					46
163HO	47					1.093	(17/2-)	47
163HO	48			1.114	5/2-			48
163HO	49					1.114	(3/2)+	49
163HO	50					1.154	(21/2-)	50
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163HO	51					1.155	(15/2+)	51
163HO	52			1.192	7/2-			52
163HO	53					1.220	(17/2+)	53
163HO	54					1.230		54
163HO	55					1.259	(15/2-)	55
163HO	56					1.266	(17/2+)	56
163HO	57			1.293	9/2-			57
163HO	58	1.328	1/2+					58
163HO	59					1.364	(19/2+)	59
163HO	60			1.372	7/2-			60
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163HO	61					1.394	(23/2-)	61
163HO	62			1.400	11/2-			62
163HO	63			1.439	11/2-			63
163HO	64					1.458	(21/2-)	64
163HO	65					1.505	(17/2+)	65
163HO	66					1.516		66
163HO	67					1.554		67
163HO	68					1.628	(19/2+)	68
163HO	69					1.635	(1/2+)	69
163HO	70					1.663	(25/2-)	70
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163HO	71					1.666		71
163HO	72					1.685		72
163HO	73					1.709		73
163HO	74					1.733	5/2+, (3/2+)	74
163HO	75					1.768	(21/2+)	75
163HO	76					1.837	(23/2+)	76
163HO	77					1.901	(25/2-)	77
163HO	78					1.925	(23/2+)	78
163HO	79					1.932	(27/2-)	79
163HO	80					2.099	(25/2+)	80
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163HO	81					2.238	(29/2-)	81

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163HO	82				2.289	(27/2+)	82
163HO	83				2.378	(27/2+)	83
163HO	84				2.416	(29/2-)	84
163HO	85				2.496	(29/2+)	85
163HO	86				2.528	(31/2-)	86
163HO	87				2.718	(31/2+)	87
163HO	88				2.859	(33/2-)	88
163HO	89				2.956	(33/2+)	89
163HO	90				2.964	(31/2+)	90
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163HO	91				2.999	(33/2-)	91
163HO	92				3.139	(35/2-)	92
163HO	93				3.209	(35/2+)	93
163HO	94				3.475	(37/2+)	94
163HO	95				3.642	(37/2-)	95
163HO	96				4.343	(41/2-)	96

S-p = 5.486 ( 0.001)-----  
S-n = 8.409 ( 0.003)-----  
S-2p = 13.494 ( 0.001)-----  
S-2n = 15.324 ( 0.002)-----  
S-alpha= -0.730 ( 0.001)-----

S+p = -6.854 ( 0.001)  
S+n = -6.674 ( 0.002)  
S+2p = -11.130 ( 0.002)  
S+2n = -14.663 ( 0.001)  
S+alpha = 1.410 ( 0.001)

gap p = -1.368 ( 0.001)  
gap n = 1.735 ( 0.004)  
gap 2p = 2.364 ( 0.002)  
gap 2n = 0.662 ( 0.003)  
gap alpha = 0.680 ( 0.002)