

^{164}Ho $Z = 67$ $N = 97$ adopted link ENSDF link

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

BE = 1336.259 (0.001) MeV

Qbeta- = 0.962 (0.002) MeV

Qbeta+ = 0.987 (0.002) MeV

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

S-alpha=	-0.431	(0.002)			
164HO 1	0.000	1+			1 28.8 M 5
164HO 2	0.037	2+			2 2.8 NS LE
164HO 3	0.094	3+			3
164HO 4			0.140	6-	4 36.6 M 3
164HO 5	0.167	4+			5
164HO 6				0.189 (3+)	6 0.5 NS LE
164HO 7	0.191	6+			7
164HO 8				0.193 (1-)	8
164HO 9			0.204	7-	9
164HO 10				0.208 (2-)	10

164HO 11				0.236 (3-)	11
164HO 12	0.262	5+			12
164HO 13				0.274 (4-)	13
164HO 14				0.294 (8-)	14
164HO 15				0.297 (4+)	15
164HO 16	0.317	7+			16
164HO 17				0.331 (5-)	17
164HO 18	0.343	5+			18 2.6 NS 2
164HO 19				0.370 (6+)	19
164HO 20				0.394	20

164HO 21				0.398 (6-)	21
164HO 22				0.407 (9-)	22
164HO 23				0.421	23
164HO 24				0.430 (5+)	24
164HO 25	0.452	6+			25
164HO 26				0.461 (8+)	26
164HO 27				0.486 (2+)	27
164HO 28				0.488 (7-)	28
164HO 29				0.499	29
164HO 30				0.503 (7+)	30

164HO 31				0.540 (10-)	31
164HO 32				0.558 (3+)	32
164HO 33	0.580	7+			33
164HO 34				0.587 (8-)	34
164HO 35			0.620	2-	35

164HO 36				0.622	(9+)	36
164HO 37				0.644	(8+)	37
164HO 38				0.650	(4+)	38
164HO 39		0.670	3-			39
164HO 40				0.691		40

164HO 41				0.694	(11-)	41
164HO 42				0.712	(9-)	42
164HO 43				0.723	(8+)	43
164HO 44				0.733	(5-)	44
164HO 45				0.777	(5+)	45
164HO 46				0.799	(10+)	46
164HO 47				0.814	(9+)	47
164HO 48				0.833	(4-)	48
164HO 49				0.843	(10-)	49
164HO 50				0.863		50

164HO 51				0.867	(12-)	51
164HO 52				0.882	(9+)	52
164HO 53				0.925	(3-)	53
164HO 54				0.967		54
164HO 55				0.985	(10+)	55
164HO 56				0.993	(11+)	56
164HO 57				0.994	(4-)	57
164HO 58				1.007	(11-)	58
164HO 59				1.050	(10+)	59
164HO 60				1.058	(13-)	60

164HO 61				1.171	(12-)	61
164HO 62				1.192	(11+)	62
164HO 63				1.202	(12+)	63
164HO 64				1.235	(11+)	64
164HO 65				1.265	(14-)	65
164HO 66				1.377	(13-)	66
164HO 67				1.387	(12+)	67
164HO 68				1.420	(12+)	68
164HO 69				1.427	(13+)	69
164HO 70				1.492	(15-)	70

164HO 71				1.577	(14-)	71
164HO 72				1.631	(13+)	72
164HO 73				1.666	(14+)	73
164HO 74				1.728	(16-)	74
164HO 75				1.826	(15-)	75
164HO 76				1.865	(14+)	76
164HO 77				1.919	(15+)	77
164HO 78				1.990	(17-)	78
164HO 79				2.062	(16-)	79
164HO 80				2.114	(15+)	80

164HO	81				2.184	(16+)	81
164HO	82				2.250	(18-)	82
164HO	83				2.350	(17-)	83
164HO	84				2.463	(17+)	84
164HO	85				2.548	(19-)	85
164HO	86				2.624	(18-)	86
164HO	87				2.826	(20-)	87
164HO	88				2.941	(19-)	88
164HO	89				3.162	(21-)	89
164HO	90				3.250	(20-)	90

164HO	91				3.452	(22-)	91
164HO	92				3.827	(23-)	92
164HO	93				4.126	(24-)	93
164HO	94				4.542	(25-)	94

S-p = 5.889 (0.002)-----
S-n = 6.674 (0.002)-----
S-2p = 13.679 (0.002)-----
S-2n = 15.083 (0.003)-----
S-alpha= -0.431 (0.002)-----

S+p = -6.830 (0.002)
S+n = -7.989 (0.002)
S+2p = -11.484 (0.012)
S+2n = -14.232 (0.002)
S+alpha = 1.243 (0.002)

gap p = -0.941 (0.002)
gap n = -1.315 (0.002)
gap 2p = 2.195 (0.012)
gap 2n = 0.850 (0.004)
gap alpha = 0.812 (0.003)