

^{166}Ho $Z = 67$ $N = 99$ adopted link ENSDF link

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

BE = 1350.492 (0.001) MeV

Qbeta- = 1.854 (0.001) MeV

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

S-alpha=	-0.384	(0.002)	-----		
166HO 1			0.000	0-	1 26.824 H 12
166HO 2			0.006	7-	2 1.20E3 Y 18
166HO 3			0.054	2-	3 3.44 NS 12
166HO 4			0.082	1-	4 0.3 NS LE
166HO 5			0.138	8-	5
166HO 6			0.171	3-	6
166HO 7			0.180	4-	7
166HO 8	0.191	3+			8 185 US 15
166HO 9	0.261	4+			9 0.5 NS LE
166HO 10	0.264	5+			10 0.5 NS LE

166HO 11			0.287	9-	11
166HO 12				0.295 (6)+	12 1.10 NS 15
166HO 13				0.297 (1-,6-)	13
166HO 14			0.330	5-	14
166HO 15	0.348	5+			15
166HO 16	0.372	4+			16 0.2 NS LE
166HO 17				0.373 (1)-	17 0.2 NS LE
166HO 18				0.375 (6+)	18
166HO 19				0.378 (6-)	19
166HO 20	0.380	6+			20

166HO 21				0.384	21
166HO 22			0.416	2-	22 0.2 NS LE
166HO 23				0.424 (7+)	23
166HO 24	0.426	1+			24
166HO 25	0.430	2+			25 0.2 NS LE
166HO 26				0.431 (5)-	26
166HO 27				0.454 (6)+	27
166HO 28	0.465	2+			28
166HO 29	0.471	5+			29
166HO 30				0.476 (3)-	30 0.2 NS LE

166HO 31	0.482	3+			31 0.2 NS LE
166HO 32				0.514 (7+)	32
166HO 33	0.522	3+			33
166HO 34				0.530 (6-)	34
166HO 35			0.544	2-	35
166HO 36	0.548	4+			36

166HO	37					0.558	(7-)	37
166HO	38	0.559	4+					38
166HO	39			0.563	4-			39
166HO	40					0.568	(1+)	40

166HO	41	0.577	7+					41
166HO	42	0.588	6+					42
166HO	43					0.593	(3+)	43
166HO	44					0.596	(1-)	44
166HO	45					0.597	(3)-	45
166HO	46	0.598	4+					46
166HO	47	0.605	2+					47
166HO	48					0.628	(2-,3-)	48
166HO	49	0.634	5+					49
166HO	50					0.638	(2-)	50

166HO	51			0.644	7-			51
166HO	52					0.651	(3+,4-)	52
166HO	53					0.655	(5+)	53
166HO	54					0.658	(5-)	54
166HO	55					0.659	(0-)	55
166HO	56	0.662	3+					56
166HO	57					0.668	(4)-	57
166HO	58					0.672	(4+)	58
166HO	59					0.684	(3)-	59
166HO	60					0.693	(2,3,4)	60

166HO	61	0.694	5+					61
166HO	62					0.701		62
166HO	63					0.705	(3-)	63
166HO	64					0.715		64
166HO	65					0.718	+	65
166HO	66					0.719	(4)+	66
166HO	67					0.722	(6+)	67
166HO	68					0.723	(7+)	68
166HO	69					0.726	(2-)	69
166HO	70					0.733	(6+)	70

166HO	71	0.736	4+					71
166HO	72					0.742	(4-)	72
166HO	73					0.758	(5-)	73
166HO	74					0.760	(3-)	74
166HO	75					0.770	(5+)	75
166HO	76					0.772	(6+)	76
166HO	77					0.775	(1-)	77
166HO	78					0.789	(6-)	78
166HO	79					0.793	(4-)	79
166HO	80	0.801	0+					80

166HO	81					0.807	(5+)	81

166HO 82		0.807	6+				82
166HO 83		0.815	3+				83
166HO 84						0.819	84
166HO 85						0.825 (3-,4-)	85
166HO 86		0.832	5+				86
166HO 87						0.838 (4-)	87
166HO 88						0.848 (7+)	88
166HO 89		0.856	2+				89
166HO 90						0.858 (-)	90

166HO 91						0.861 (-)	91
166HO 92						0.868 (4-)	92
166HO 93						0.870 (4-,5-,6-)	93
166HO 94						0.876 (3-)	94
166HO 95						0.879	95
166HO 96						0.881 3(-)	96
166HO 97						0.884 (6+)	97
166HO 98						0.885 +	98
166HO 99						0.891 (4+)	99
166HO 100						0.896	100

166HO 101						0.902	101
166HO 102						0.906 (2+)	102
166HO 103						0.910 (6+)	103
166HO 104						0.915 (7+)	104
166HO 105						0.925 (5+)	105
166HO 106						0.935 (5-)	106
166HO 107						0.943 (6+)	107
166HO 108						0.946	108
166HO 109						0.947	109
166HO 110						0.951	110

166HO 111						0.953 (3-,4-)	111
166HO 112		0.961	3+				112
166HO 113		0.976	1+				113
166HO 114						0.979	114
166HO 115						0.980	115
166HO 116						0.985 (5+)	116
166HO 117						0.997 (4+,5,6+)	117
166HO 118						1.005 (2-,3-)	118
166HO 119						1.006	119
166HO 120						1.011 (3-,4,5-)	120

166HO 121						1.016 (2,3,4-)	121
166HO 122						1.019	122
166HO 123						1.023	123
166HO 124						1.026	124
166HO 125						1.029	125
166HO 126						1.029	126
166HO 127						1.030 (4+)	127

166HO 128				1.036	(0-,1,2-)	128
166HO 129				1.038	(6+)	129
166HO 130				1.046		130

166HO 131				1.055		131
166HO 132				1.061		132
166HO 133				1.063	2,4	133
166HO 134		1.066	3+			134
166HO 135				1.077		135
166HO 136				1.086	3	136
166HO 137				1.091		137
166HO 138				1.094		138
166HO 139				1.097	(6+)	139
166HO 140				1.115	(5-)	140

166HO 141				1.119		141
166HO 142				1.121	(3-,4-)	142
166HO 143				1.131		143
166HO 144				1.135		144
166HO 145				1.138		145
166HO 146				1.141		146
166HO 147				1.146		147
166HO 148		1.147	1+			148
166HO 149				1.153		149
166HO 150				1.155	(3,4)	150

166HO 151				1.158		151
166HO 152				1.161	(4+)	152
166HO 153				1.168	(4+,5+)	153
166HO 154				1.175		154
166HO 155		1.190	2+			155
166HO 156				1.199		156
166HO 157				1.202		157
166HO 158				1.209		158
166HO 159				1.215		159
166HO 160				1.217		160

166HO 161				1.222		161
166HO 162				1.227		162
166HO 163				1.230		163
166HO 164				1.235		164
166HO 165		1.241	3+			165
166HO 166				1.244		166
166HO 167				1.248		167
166HO 168				1.253		168
166HO 169				1.257		169
166HO 170				1.264		170

166HO 171				1.271		171
166HO 172				1.272	(6+)	172

166HO 173			1.281	173
166HO 174			1.289	174
166HO 175			1.294	175
166HO 176			1.298	176
166HO 177			1.301	177
166HO 178	1.305	4+		178
166HO 179			1.311	179
166HO 180			1.318	180

166HO 181			1.322	181
166HO 182			1.328	182
166HO 183			1.332	183
166HO 184			1.334	184
166HO 185			1.339	185
166HO 186			1.343	186
166HO 187			1.350	187
166HO 188			1.355	188
166HO 189			1.359	189
166HO 190			1.363	190

166HO 191			1.367	191
166HO 192			1.371	192
166HO 193			1.377	193
166HO 194	1.380	5+		194
166HO 195			1.388	195
166HO 196			1.392	196
166HO 197			1.397	197
166HO 198			1.402	198
166HO 199			1.406	199
166HO 200			1.416	200

166HO 201			1.421	201
166HO 202			1.430	202
166HO 203			1.434	203
166HO 204			1.440	204
166HO 205			1.449	205
166HO 206			1.459	206
166HO 207			1.462	207
166HO 208			1.464	208
166HO 209			1.467	209
166HO 210			1.472	210

166HO 211			1.474	211
166HO 212			1.478	212
166HO 213			1.487	213
166HO 214			1.495	214
166HO 215			1.498	215
166HO 216			1.505	216
166HO 217			1.511	217
166HO 218			1.521	218

166HO 219			1.527		219
166HO 220			1.532		220

166HO 221			1.538		221
166HO 222			1.541		222
166HO 223			1.544		223
166HO 224			1.547		224
166HO 225			1.553		225
166HO 226			1.559		226
166HO 227			1.560	(6-)	227
166HO 228			1.561		228
166HO 229			1.566		229
166HO 230			1.571		230

166HO 231			1.577		231
166HO 232			1.589		232
166HO 233			1.592		233
166HO 234			1.600		234
166HO 235			1.604		235
166HO 236			1.606		236
166HO 237			1.614		237
166HO 238			1.616		238
166HO 239			1.620		239
166HO 240			1.628		240

166HO 241			1.630		241
166HO 242			1.636		242
166HO 243			1.639		243
166HO 244			1.644		244
166HO 245			1.655		245
166HO 246			1.658		246
166HO 247			1.662		247
166HO 248			1.666		248
166HO 249			1.672		249
166HO 250			1.677		250

166HO 251			1.681		251
166HO 252			1.684		252
166HO 253			1.687		253
166HO 254			1.692	(7-)	254
166HO 255			1.695		255
166HO 256			1.704		256
166HO 257			1.711		257
166HO 258			1.713		258
166HO 259			1.717		259
166HO 260			1.724		260

166HO 261			1.731		261
166HO 262			1.742		262
166HO 263			1.752		263

166HO 264			1.757		264
166HO 265			1.760		265
166HO 266			1.764		266
166HO 267			1.769		267
166HO 268			1.777		268
166HO 269			1.786		269
166HO 270			1.788		270

166HO 271			1.794		271
166HO 272			1.798		272
166HO 273			1.806		273
166HO 274			1.817		274
166HO 275			1.824		275
166HO 276			1.830		276
166HO 277			1.834	(8-)	277
166HO 278			1.836		278
166HO 279			1.839		279
166HO 280			1.843		280

166HO 281			1.851		281
166HO 282			1.855		282
166HO 283			1.859		283
166HO 284			1.865		284
166HO 285			1.870		285
166HO 286			1.877		286
166HO 287			1.883		287
166HO 288			1.891		288
166HO 289			1.895		289
166HO 290			1.899		290

166HO 291			1.908		291
166HO 292			1.914		292
166HO 293			1.916		293
166HO 294			1.919		294
166HO 295			1.928		295
166HO 296			1.933		296
166HO 297			1.939		297
166HO 298			1.946		298
166HO 299			1.951		299
166HO 300			1.954		300

166HO 301			1.958		301
166HO 302			1.961		302
166HO 303			1.970		303
166HO 304			1.973		304
166HO 305			1.975		305
166HO 306			1.978		306
166HO 307			1.986		307
166HO 308			1.995		308
166HO 309			1.998	(9-)	309

166HO 310			1.999	310

166HO 311			2.005	311
166HO 312			2.011	312
166HO 313			2.015	313
166HO 314			2.018	314
166HO 315			2.023	315
166HO 316			2.026	316
166HO 317			2.030	317
166HO 318			2.032	318
166HO 319			2.037	319
166HO 320			2.040	320

166HO 321			2.051	321
166HO 322			2.054	322
166HO 323			2.057	323
166HO 324			2.059	324
166HO 325			2.062	325
166HO 326			2.065	326
166HO 327			2.073	327
166HO 328			2.075	328
166HO 329			2.078	329
166HO 330			2.088	330

166HO 331			2.091	331
166HO 332			2.094	332
166HO 333			2.098	333
166HO 334			2.104	334
166HO 335			2.106	335
166HO 336			2.109	336
166HO 337			2.112	337
166HO 338			2.116	338
166HO 339			2.119	339
166HO 340			2.122	340

166HO 341			2.127	341
166HO 342			2.131	342
166HO 343			2.137	343
166HO 344			2.139	344
166HO 345			2.145	345
166HO 346			2.148	346
166HO 347			2.152	347
166HO 348			2.157	348
166HO 349			2.161	349
166HO 350			2.164	350

166HO 351			2.168	351
166HO 352			2.170	352
166HO 353			2.172	353
166HO 354			2.180	354

166H0 355				2.183	355
166H0 356				2.193	356

S-p = 6.747 (0.001)-----
 S-n = 6.244 (0.001)-----
 S-2p = 15.543 (0.002)-----
 S-2n = 14.232 (0.002)-----
 S-alpha= -0.384 (0.002)-----

S+p = -7.508 (0.001)
 S+n = -7.280 (0.005)
 S+2p = -12.820 (0.002)
 S+2n = -13.132 (0.030)
 S+alpha = 0.850 (0.001)

gap p = -0.761 (0.001)
 gap n = -1.037 (0.005)
 gap 2p = 2.723 (0.003)
 gap 2n = 1.101 (0.030)
 gap alpha = 0.466 (0.002)