

^{168}Ho $Z = 67$ $N = 101$ adopted link ENSDF link

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

BE = 1363.623 (0.030) MeV

Qbeta- = 2.930 (0.030) MeV

	Energy T	J+	J-	J-other	T1/2
168HO	1 0.000	3+			1 2.99 M 7
168HO	2			0.059 (6+)	2 132 S 4
168HO	3			0.143 (1)-	3 4 US GT
168HO	4			0.187 1(-)	4
168HO	5 0.193	1+			5 108 NS 11
S-alpha=	0.379 (0.030)-----				
168HO	6 0.630	1+			6

S-p = 7.437 (0.030)-----

S-n = 5.851 (0.030)-----

S-2p = 16.828 (0.030)-----

S-2n = 13.132 (0.030)-----

S-alpha= 0.379 (0.030)-----

S+p = -8.151 (0.030)

S+n = -6.808 (0.036)

S+2p = -14.314 (0.030)

S+2n = -12.321 (0.058)

S+alpha = 0.261 (0.031)

gap p = -0.714 (0.043)

gap n = -0.957 (0.047)

gap 2p = 2.514 (0.042)

gap 2n = 0.811 (0.066)

gap alpha = 0.640 (0.043)