

^{169}Ho $Z = 67$ $N = 102$ adopted link ENSDF link

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

BE = 1370.432 (0.020) MeV

Qbeta- = 2.125 (0.020) MeV

	Energy T	J+	J-	J-other	T1/2
169HO 1			0.000	7/2-	1 4.72 M 10
169HO 2			0.097	9/2-	2
169HO 3			0.215	11/2-	3
169HO 4	0.254	3/2+			4
169HO 5	0.314	5/2+			5
169HO 6	0.359	3/2+			6
169HO 7	0.381	7/2+			7
169HO 8	0.460	9/2+			8
169HO 9	0.492	7/2+			9
169HO 10				0.518 (7/2+,9/2+)	10

S-alpha=	0.632 (0.020)-----				
169HO 11				0.722	11
169HO 12				0.776 (5/2-)	12
169HO 13				0.860 (9/2-)	13
169HO 14				1.017 (5/2+)	14
169HO 15				1.069 (1/2+)	15
169HO 16	1.079	7/2+			16
169HO 17				1.137	17
169HO 18	1.179	7/2+			18
169HO 19	1.277	9/2+			19
169HO 20				1.343	20

169HO 21			1.366	7/2-	21
169HO 22				1.421 (3/2+,5/2+)	22
169HO 23			1.536	11/2-	23
169HO 24				1.578 (3/2,5/2,7/2)-	24
169HO 25				1.618	25
169HO 26				1.651 (11/2-)	26
169HO 27	1.693	5/2+			27
169HO 28				1.745 (1/2+)	28
169HO 29	1.786	1/2+			29
169HO 30	1.850	5/2+			30

169HO 31				1.865 (11/2-)	31

S-p	= 7.527 (0.141)-----				
S-n	= 6.808 (0.036)-----				
S-2p	= 17.491 (0.020)-----				

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S-2n = 12.659 ( 0.021)-----  
S-alpha= 0.632 ( 0.020)-----  
  
S+p = -8.600 ( 0.020)  
S+n = -5.513 ( 0.054)  
S+2p = -14.992 ( 0.020)  
S+2n = -11.865 ( 0.600)  
S+alpha = 0.115 ( 0.021)  
  
gap p = -1.074 ( 0.143)  
gap n = 1.295 ( 0.065)  
gap 2p = 2.499 ( 0.028)  
gap 2n = 0.795 ( 0.601)  
gap alpha = 0.747 ( 0.029)
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