

^{170}Ho $Z = 67$ $N = 103$ adopted link ENSDF link

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

BE = 1375.944 (0.050) MeV

Qbeta- = 3.870 (0.050) MeV

	Energy T	J+	J-	J-other	T1/2
170Ho	1			0.000 (6+)	1 2.76 M 5
170Ho	2			0.120 (1+)	2 43 S 2

S-p = 7.930 (0.305)-----
 S-n = 5.513 (0.054)-----
 S-2p = 18.034 (0.050)-----
 S-2n = 12.321 (0.058)-----
 S-alpha= 0.854 (0.050)-----

S+p = -8.769 (0.050)
 S+n = -6.352 (0.602)
 S+2p = -15.714 (0.050)
 S+2n = -11.408 (0.179)
 S+alpha = -0.052 (0.067)

gap p = -0.839 (0.309)
 gap n = -0.839 (0.604)
 gap 2p = 2.320 (0.071)
 gap 2n = 0.913 (0.188)
 gap alpha = 0.802 (0.084)