

$^{172}\text{Ho}$        $Z = 67$        $N = 105$       adopted link      ENSDF link

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

BE = 1387.352 (-0.172) MeV

Qbeta- = 4.980 ( 0.172) MeV

	Energy T	J+	J-	J-other	T1/2
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172HO	1			0.000	1 25 S 3

S-p = 8.750 (-0.243)-----

S-n = 5.056 (-0.624)-----

S-2p = 19.362 (-0.381)-----

S-2n = 11.408 (-0.179)-----

S-alpha= 1.146 (-0.172)-----

S+p = -9.450 (-0.244)

S+n = -5.990 (-0.386)

S+2p = -16.940 (-0.178)

S+2n = -10.564 (-0.388)

S+alpha = -0.294 (-0.199)

gap p = -0.700 ( 0.344)

gap n = -0.934 ( 0.734)

gap 2p = 2.422 ( 0.420)

gap 2n = 0.844 ( 0.428)

gap alpha = 0.853 ( 0.263)