

$^{174}\text{Ho}$        $Z = 67$        $N = 107$       adopted link      ENSDF link

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

BE = 1397.916 (-0.348) MeV

Qbeta- = 6.002 ( 0.492) MeV

	Energy T	J+	J-	J-other	T1/2
174Ho	1			0.000 (8-)	1 3.2 S 11

S-p	=	9.418 (-0.491)	-----		
S-n	=	4.574 (-0.491)	-----		
S-2p	=	20.884 (-0.622)	-----		
S-2n	=	10.564 (-0.388)	-----		
S-alpha	=	1.630 (-0.487)	-----		

S+p	=	-9.959 (-0.494)
S+n	=	-5.409 (-0.494)
S+2p	=	-18.025 (-0.362)
S+2n	=	-9.556 (-0.632)
S+alpha	=	-0.814 (-0.498)

gap p	=	-0.541 ( 0.696)
gap n	=	-0.835 ( 0.696)
gap 2p	=	2.859 ( 0.720)
gap 2n	=	1.008 ( 0.742)
gap alpha	=	0.816 ( 0.696)