

^{175}Ho $Z = 67$ $N = 108$ adopted link ENSDF link

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

BE = 1403.325 (-0.350) MeV

Qbeta- = 5.332 (0.495) MeV

	Energy T	J+	J-	J-other	T1/2
175Ho	1			0.000 (7/2-)	1 1.9 S 6

S-p = 9.411 (-0.628)-----
 S-n = 5.409 (-0.494)-----
 S-2p = 21.401 (-0.626)-----
 S-2n = 9.983 (-0.492)-----
 S-alpha= 1.899 (-0.489)-----

S+p = -10.659 (-0.496)
 S+n = -4.147 (-0.633)
 S+2p = -18.870 (-0.392)
 S+2n = -9.135 (-0.636)
 S+alpha = -1.095 (-0.501)

gap p = -1.248 (0.801)
 gap n = 1.262 (0.803)
 gap 2p = 2.531 (0.739)
 gap 2n = 0.848 (0.804)
 gap alpha = 0.804 (0.700)