

^{176}Ho $Z = 67$ $N = 109$ adopted link ENSDF link

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

BE = 1407.472 (-0.528) MeV

Qbeta- = 7.294 (0.635) MeV

	Energy T	J+	J-	J-other	T1/2
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176HO	1			0.000	1 160 NS GT

S-p = 9.922 (-0.745)-----
 S-n = 4.147 (-0.633)-----
 S-2p = 21.910 (-0.742)-----
 S-2n = 9.556 (-0.632)-----
 S-alpha= 2.144 (-0.738)-----

S+p = -10.829 (-0.749)
 S+n = -4.988 (-0.749)
 S+2p = -19.554 (-0.637)
 S+2n = -8.874 (-0.751)
 S+alpha = -1.172 (-0.639)

gap p = -0.907 (1.056)
 gap n = -0.841 (0.981)
 gap 2p = 2.356 (0.978)
 gap 2n = 0.682 (0.982)
 gap alpha = 0.972 (0.976)