^{140}Ho

The discovery of ^{140}Ho was reported in "Proton emitters ^{140}Ho and ^{141}Ho: Probing the structure of unbound Nilsson orbitals" by Rykaczewski et al. in 1999 (1999Ry04). An enriched ^{92}Mo target was bombarded with 315-MeV ^{54}Fe at the Holifield Radioactive Ion Beam Facility at Oak Ridge. Reaction products were separated with the RMS recoil mass separator, identified with a position-sensitive avalanche counter and implanted in a double-sided silicon strip detector (DSSD). The DSSD also measured time-correlated decay events. "Two new proton emitting states in the deformed nuclei ^{140}Ho (E_p=1086$\pm$10 keV, $T_{1/2}$ = 6$\pm$3 ms) and ^{141m}Ho (E_p=1230$\pm$20 keV, $T_{1/2}$=8$\pm$3 μs) have been identified."

Adapted from reference (2013Fr10)

1999Ry04 K. Rykaczewski, J. C. Batchelder, C. R. Bingham, T. Davinson *et al.*, Phys. Rev. C **60**, 011301 (1999).

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