

Adopted Levels, Gammas

Type	Author	History	Citation	Literature Cutoff Date
Full Evaluation	E. Browne, J. K. Tuli	NDS	110,507 (2009)	1-Oct-2008

$Q(\beta^-) = -1.004 \times 10^4$ syst; $S(n) = 12582$ 12; $S(p) = -161$ 11; $Q(\alpha) = 3.00 \times 10^3$ 11 [2012Wa38](#)

Note: Current evaluation has used the following Q record -9490 SY12060 syst-110 SY2930 syst [2003Au03](#).

$\Delta Q(\beta^-) = 300$ syst, $\Delta S(n) = 420$ syst, $\Delta S(p) = 300$ syst, $\Delta Q(\alpha) = 320$ syst.

[2007RaZZ](#): Measured mass Penning-trap mass spectrometer.

 ^{145}Ho LevelsCross Reference (XREF) Flags

[A](#) (HI,xn γ)

E(level)	J^π [†]	$T_{1/2}$	XREF	Comments
0.0	(11/2 ⁻)	2.4 s 1	A	$\% \epsilon + \% \beta^+ = 100$ $T_{1/2}$: from 1989Vi02 .
486.9 3	(15/2 ⁻)		A	
1147.1 4	(19/2 ⁻)		A	
1894.2 5	(23/2 ⁻)		A	
2681.6 6	(27/2 ⁻)		A	

[†] From syst.

 $\gamma(^{145}\text{Ho})$

$E_i(\text{level})$	J^π_i	E_γ	I_γ	E_f	J^π_f
486.9	(15/2 ⁻)	486.9 3	100	0.0	(11/2 ⁻)
1147.1	(19/2 ⁻)	660.2 3	100	486.9	(15/2 ⁻)
1894.2	(23/2 ⁻)	747.1 3	100	1147.1	(19/2 ⁻)
2681.6	(27/2 ⁻)	787.4 4	100	1894.2	(23/2 ⁻)

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Level Scheme

Intensities: Relative photon branching from each level

