

^{154}Ho α decay (3.10 min) [1974Sc19](#),[1971To01](#),[1968Wa12](#)

Type	Author	History	Citation	Literature Cutoff Date
Full Evaluation	S. K. Basu, A. A. Sonzogni		NDS 114, 435 (2013)	1-Apr-2013

Parent: ^{154}Ho : $E=0+x$; $J^\pi=8^+$; $T_{1/2}=3.10$ min 14; $Q(\alpha)=4041$ 4; $\% \alpha$ decay <0.001

^{154}Ho - $\% \alpha$ decay: From [1974Sc19](#).

 ^{150}Tb Levels

E(level)	J^π	$T_{1/2}$	Comments
0	$(2)^-$	3.48 h 16	
474 51	(9^+)	5.8 min 2	E(level): Energy for final level in α -decay was not known, but it is assumed to be the high-spin isomer.

 α radiations

E_α	E(level)	I_α^\dagger	Comments
3721 5	474	100	E_α : From re-evaluation of 1974Sc19 based on measurement (3720 10) of 1971To01 with new calibration energies.

† For absolute intensity per 100 decays, multiply by <0.00001.