

Adopted Levels, Gammas

Type	Author	History Citation	Literature Cutoff Date
Full Evaluation	N. Nica	NDS 200,2 (2025)	22-Aug-2022

Q(β^-)=-2034 9; S(n)=7699 10; S(p)=2785 9; Q(α)=4041 4 [2021Wa16](#)
 S(2n)=17177 15, S(2p)=8500 40 ([2021Wa16](#)).

¹⁵⁴Ho Levels

Cross Reference (XREF) Flags

- A ¹⁵⁴Er ϵ decay
- B ¹⁴¹Pr(¹⁶O,3n γ)

E(level) [†]	J ^π [‡]	T _{1/2}	XREF	Comments
0	2 ⁻	11.76 min 19	A	<p>$\% \alpha = 0.019$ 5; $\% \epsilon + \% \beta^+ = 99.981$ 5 $\mu = -0.641$ 6; $Q = +0.19$ 10 <math>\Delta \langle r^2 \rangle (\text{¹⁵⁴Ho} - \text{¹⁵⁶Ho}) = 0.334</math> fm² 4 (1989AI27). Others: 0.26 fm² (1989OtZZ); 0.4 fm² (read from graph of 1988NeZZ). From an evaluation of data on nuclear rms charge radii, 2013An02 report $\langle r^2 \rangle^{1/2} = 5.086$ fm 33. J^π: From hyperfine structure (1988NeZZ and 1989AI27); π from E1 γ from 1⁺ level. This value conflicts with J=1 reported from atomic-beam magnetic resonance data (1969Ek01). T_{1/2}: Weighted average of 11.75 m 20 (1993AI03) and 11.8 m 5 (1968Wa12) from ¹⁵⁴Ho ϵ decay. Others: 11.8 m 10 (1967Ha34) and 12.5 m 5 (1974PeZS) from α decay. $\% \alpha$: From 1974Sc19, who give 0.017 3 and 0.028 9. Other: 0.042 24 (1968Go13). Eα=3937 5 (from 1974Sc19 evaluation). μ: From 2019StZV based on the measurement by 1989AI27 by Laser Resonance Ionisation Mass Spectroscopy. Q: From 2019StZV based on the measurement by 1989AI27 by Laser Resonance Ionisation Spectroscopy.</p>
26.9 2	1 ⁺		A	<p>J^π: $\log ft \approx 4.0$ from ¹⁵⁴Er 2⁻ ϵ decay parent and E1 γ to g.s. Additional information 1.</p>
0+x	8 ⁺	3.10 min 14	AB	<p>$\% \epsilon + \% \beta^+ = 100$; $\% \alpha < 0.001$; $\% IT \approx 0$ $\mu = +5.63$ 6; $Q = -1.0$ 5 Additional information 2. $\Delta \langle r^2 \rangle (\text{ground state-isomer}) = 0.015$ fm² (1989AI27, 1989OtZZ). E(level): $x = 243$ 28 (2021Ko07). J^π: J=8 measured by 1989AI27 (using resonance ionization spectroscopy). $\pi = +$ from allowed-unhindered ($\log ft = 4.9$) ϵ transition to a 7⁺ state in ¹⁵⁴Dy and no, or little, ϵ decay to 6⁺ states. T_{1/2}: Weighted average of 3.25 m 10 (1968Wa12) and 2.80 m 15 (1993AI03) from ¹⁵⁴Ho ϵ decay and 3.0 m 3 (1971To01) from α decay. $\% \alpha$: From ¹⁵⁴Ho α decay (3.10 m) (1974Sc19). Eα=3721 5 (from evaluations by 1974Sc19 and 2013Ba31). $\% IT$: IT decay is unobserved. μ: From 2019StZV based on the measurement by 1989AI27 by Laser Resonance Ionisation Mass Spectroscopy. Q: From 2019StZV based on the measurement by 1989AI27 by Laser Resonance Ionisation Spectroscopy.</p>
18.8+x 4			B	
20.9+x 3			B	
58.7+x 3			B	
213.3+x 3			B	<p>J^π: (7) postulated by 2013Mo35 with no arguments.</p>

Continued on next page (footnotes at end of table)

Adopted Levels, Gammas (continued)

¹⁵⁴Ho Levels (continued)

E(level) [†]	J ^π [‡]	XREF	Comments
285.0+x [#] 2	(9 ⁺)	B	J ^π : ΔJ=1 D(+Q) γ from (10 ⁺).
339.3+x [@] 2	(10 ⁺)	B	J ^π : (E2) γ to 8 ⁺ isomer.
521.7+x ^a 4	(11 ⁻)	B	J ^π : (11) from D(+Q) γ to (10 ⁺); bandhead of (11 ⁻) band from systematics.
701.7+x 5		B	
814.2+x ^{&} 5	(12 ⁻)	B	J ^π : (11) from D(+Q) γ to (10 ⁺); π=(-) based on bandhead of (12 ⁻) band from systematics.
854.1+x [#] 4	(11 ⁺)	B	J ^π : in-band (E2) γ to (9 ⁺).
890.4+x [@] 4	(12 ⁺)	B	J ^π : in-band E2 γ to (10 ⁺).
1097.0+x ^a 5	(13 ⁻)	B	J ^π : in-band E2 γ to (11 ⁻).
1198.4+x 5	(12 ⁻ ,13 ⁻)	B	J ^π : γ to (11 ⁻) and γ from (14 ⁻).
1376.2+x ^{&} 5	(14 ⁻)	B	J ^π : in-band E2 γ to (12 ⁻).
1453.8+x [#] 5	(13 ⁺)	B	J ^π : in-band E2 γ to (11 ⁺).
1475.6+x [@] 5	(14 ⁺)	B	J ^π : in-band E2 γ to (12 ⁺).
1687.0+x ^a 5	(15 ⁻)	B	J ^π : in-band E2 γ to (13 ⁻).
1728.4+x 5	(14 ⁻)	B	J ^π : E2 γ from (16 ⁻).
1868.5+x 5	(14 ⁺)	B	J ^π : (E2) γ to (12 ⁺).
1973.4+x ^{&} 5	(16 ⁻)	B	J ^π : in-band E2 γ to (14 ⁻).
2187.0+x 5	(16 ⁻)	B	J ^π : (M1+E2) γ to (15 ⁻).
2229.9+x [@] 6	(16 ⁺)	B	J ^π : in-band E2 γ to (14 ⁺).
2270.4+x [#] 6	(15 ⁺)	B	J ^π : in-band (E2) γ to (13 ⁺).
2302.3+x ^a 5	(17 ⁻)	B	J ^π : in-band (E2) γ to (15 ⁻).
2385.4+x ^b 5	(18 ⁻)	B	J ^π : in-band E2 γ to (16 ⁻).
2439.3+x 5	(17 ⁻)	B	J ^π : (M1+E2) γ to (16 ⁻).
2446.2+x 6	(16 ⁺)	B	J ^π : (E2) γ to (14 ⁺).
2641.7+x ^{&} 5	(18 ⁻)	B	J ^π : in-band (E2) γ to (16 ⁻).
2741.6+x ^c 6	(19 ⁻)	B	J ^π : (M1+E2) γ from (20 ⁻).
3058.3+x [@] 6	(18 ⁺)	B	J ^π : in-band E2 γ to (16 ⁺).
3072.4+x ^a 6	(19 ⁻)	B	J ^π : in-band (E2) γ to (17 ⁻).
3169.9+x 6	(18 ⁺)	B	J ^π : (E2) γ to (16 ⁺).
3217.4+x ^b 6	(20 ⁻)	B	J ^π : (M1+E2) γ to (19 ⁻).
3396.6+x ^{&} 6	(20 ⁻)	B	J ^π : in-band (E2) γ to (18 ⁻).
3454.8+x 7	(20 ⁺)	B	J ^π : (E1) γ to (19 ⁻).
3458.0+x 6	(20 ⁻)	B	J ^π : E2 γ to (18 ⁻).
3638.4+x ^c 6	(21 ⁻)	B	J ^π : in-band (E2) γ to (19 ⁻).
3640.4+x 7	(21 ⁺)	B	J ^π : (21) from D(+Q) γ to (20 ⁺); π=(+) from expected four quasiparticle configuration assigned by 2013Mo35 .
3849.8+x ^a 6	(21 ⁻)	B	J ^π : in-band (E2) γ to (19 ⁻).
3997.1+x ^b 6	(22 ⁻)	B	J ^π : in-band (E2) γ to (20 ⁻).
4070.8+x 8	(22 ⁺)	B	J ^π : (22) from D(+Q) γ to (21 ⁺); π=(+) from expected four quasiparticle configuration assigned by 2013Mo35 . T _{1/2} : according to 2013Mo35 based on unbalanced intensity between populating / depopulating transitions an isomer with half-life of a few hundreds of ns is expected for (22 ⁺) level.
4299.8+x 6	(22 ⁻)	B	J ^π : E2 γ to (20 ⁻).
4414.1+x ^c 7	(23 ⁻)	B	J ^π : in-band (E2) γ to (21 ⁻).
4552.8+x 8	(23 ⁺)	B	J ^π : (E2) γ to (21 ⁺).
4632.4+x ^a 7	(23 ⁻)	B	J ^π : in-band (E2) γ to (21 ⁻).
4760.3+x ^b 7	(24 ⁻)	B	J ^π : in-band (E2) γ to (22 ⁻).
4930.0+x 8	(24 ⁺)	B	J ^π : E2 γ to (22 ⁺).
5171.6+x ^c 7	(25 ⁻)	B	J ^π : in-band (E2) γ to (23 ⁻).
5212.8+x 8	(24 ⁺)	B	J ^π : (M1+E2) γ to (23 ⁺).

Continued on next page (footnotes at end of table)

Adopted Levels, Gammas (continued) ^{154}Ho Levels (continued)

E(level) [†]	J^π [‡]	XREF	Comments
5215.9+x 7	(25 ⁻)	B	J^π : (M1+E2) γ to (24 ⁻).
5349.0+x 8	(25 ⁺)	B	J^π : E2 γ to (23 ⁺).
5436.7+x ^d 7	(27 ⁻)	B	Six quasiparticles maximum alignment state (2013Mo35). J^π : E2 γ to (25 ⁻).
5859.7+x 8	(26 ⁺)	B	J^π : (M1+E2) γ to (25 ⁺).
5998.6+x ^d 8	(28)	B	J^π : D(+Q) γ to (27 ⁻).
6351.9+x 9		B	
6454.8+x 8		B	
6677.0+x 8	(29 ⁻)	B	J^π : (E2) γ to (27 ⁻).
6882.3+x ^d 8	(30)	B	J^π : (E2) γ to (28).
7453.9+x ^d 9	(32)	B	J^π : E2 γ to (30).

[†] From least-squares fit to E_γ data (18.8 and 20.9 keV unobserved γ rays not used by fitting procedure).

[‡] Based on multiplicities, assigned configurations and systematic behaviors of neighboring isotopes and isotones, as well as the fact that spin values are generally increasing with excitation energy for heavy-ion induced reactions. According to 2013Mo35 (in $^{141}\text{Pr}(^{16}\text{O},3n)$ dataset) J^π 's for the bandheads of the first four bands are consistent with those for the similar collective bands observed in heavier odd-odd isotopes and odd-odd ^{152}Tb . Specific arguments were given by evaluator.

Band(A): $\pi h_{11/2} \otimes \nu f_{7/2}$ band.

@ Band(B): $\pi h_{11/2} \otimes \nu h_{9/2}$ band.

& Band(C): $\pi h_{11/2} \otimes \nu i_{13/2}$ band, $\alpha=0$.

^a Band(c): $\pi h_{11/2} \otimes \nu i_{13/2}$ band, $\alpha=1$.

^b Band(D): Band based on (18⁻).

^c Band(E): Band based on (19⁻).

^d Seq.(F): γ cascade based on (27⁻).

Adopted Levels, Gammas (continued)

$\gamma(^{154}\text{Ho})$

Additional information 3.

$E_i(\text{level})$	J_i^π	E_γ^\dagger	I_γ^\dagger	E_f	J_f^π	Mult. [‡]	$a^\#$	Comments
26.9	1 ⁺	26.9 2	100	0	2 ⁻	E1	2.07 5	$\alpha(\text{L})=1.62 4$; $\alpha(\text{M})=0.363 9$ $\alpha(\text{N})=0.0802 20$; $\alpha(\text{O})=0.00940 23$; $\alpha(\text{P})=0.000267 6$ E_γ : From (1982To14). Other: 27.6 (1982Ba75). Mult.: From $\alpha(\text{L})\text{exp}=1.50 15$ in ¹⁵⁴ Er ε decay.
18.8+x		(18.8)	100	0+x	8 ⁺			
20.9+x		(20.9)	100	0+x	8 ⁺			
58.7+x		58.7 3	100	0+x	8 ⁺			
213.3+x		154.6 3	32 9	58.7+x				
		192.4 3	100 9	20.9+x		D+Q		Additional information 4.
285.0+x	(9 ⁺)	71.7 3	2.3 7	213.3+x				
		264.1 3	23 7	20.9+x		D(+Q)		Additional information 5.
		266.2 3	100 9	18.8+x				Additional information 6.
		285.0 3	21 5	0+x	8 ⁺			
339.3+x	(10 ⁺)	54.3 3	8.0 20	285.0+x	(9 ⁺)	D(+Q)		Additional information 7.
		318.4 3	100 10	20.9+x		D		Additional information 8.
		339.3 3	16.0 20	0+x	8 ⁺	(E2)	0.0462 7	$\alpha(\text{K})=0.0350 5$; $\alpha(\text{L})=0.00862 12$; $\alpha(\text{M})=0.001990 29$ $\alpha(\text{N})=0.000455 7$; $\alpha(\text{O})=5.98\times 10^{-5} 9$; $\alpha(\text{P})=1.854\times 10^{-6} 26$ Additional information 9. Mult.: Q or D+Q based on DCO, more likely (E2) (2013Mo35). Additional information 10.
521.7+x	(11 ⁻)	182.4 3	100 15	339.3+x	(10 ⁺)	D(+Q)		
701.7+x		180.0 3	100	521.7+x	(11 ⁻)			
814.2+x	(12 ⁻)	292.5 3	100	521.7+x	(11 ⁻)	D(+Q)		Additional information 11.
854.1+x	(11 ⁺)	569.1 3	100	285.0+x	(9 ⁺)	(E2)	0.01138 16	$\alpha(\text{K})=0.00922 13$; $\alpha(\text{L})=0.001677 24$; $\alpha(\text{M})=0.000378 5$ $\alpha(\text{N})=8.70\times 10^{-5} 12$; $\alpha(\text{O})=1.201\times 10^{-5} 17$; $\alpha(\text{P})=5.19\times 10^{-7} 7$ Additional information 12.
890.4+x	(12 ⁺)	551.1 3	100	339.3+x	(10 ⁺)	E2	0.01233 17	$\alpha(\text{K})=0.00996 14$; $\alpha(\text{L})=0.001838 26$; $\alpha(\text{M})=0.000415 6$ $\alpha(\text{N})=9.54\times 10^{-5} 13$; $\alpha(\text{O})=1.314\times 10^{-5} 19$; $\alpha(\text{P})=5.59\times 10^{-7} 8$ Additional information 13.
1097.0+x	(13 ⁻)	575.3 3	100	521.7+x	(11 ⁻)	E2	0.01108 16	$\alpha(\text{K})=0.00899 13$; $\alpha(\text{L})=0.001626 23$; $\alpha(\text{M})=0.000366 5$ $\alpha(\text{N})=8.43\times 10^{-5} 12$; $\alpha(\text{O})=1.166\times 10^{-5} 16$; $\alpha(\text{P})=5.06\times 10^{-7} 7$ Additional information 14.
1198.4+x	(12 ⁻ ,13 ⁻)	101.4 3		1097.0+x	(13 ⁻)			
		384.2 3	60 20	814.2+x	(12 ⁻)			
		496.7 3		701.7+x				
		676.7 3	100 30	521.7+x	(11 ⁻)			
1376.2+x	(14 ⁻)	279.2 3	100 17	1097.0+x	(13 ⁻)	D		Additional information 15.
		562.0 3	56 17	814.2+x	(12 ⁻)	E2	0.01174 17	$\alpha(\text{K})=0.00951 13$; $\alpha(\text{L})=0.001738 24$; $\alpha(\text{M})=0.000392 6$

Adopted Levels, Gammas (continued)

$\gamma(^{154}\text{Ho})$ (continued)

<u>E_i(level)</u>	<u>J_i^{π}</u>	<u>E_{γ}[†]</u>	<u>I_{γ}[†]</u>	<u>E_f</u>	<u>J_f^{π}</u>	<u>Mult.[‡]</u>	<u>α[#]</u>	<u>Comments</u>
1453.8+x	(13 ⁺)	599.7 3	100	854.1+x	(11 ⁺)	E2	0.01001 14	$\alpha(\text{N})=9.02\times 10^{-5}$ 13; $\alpha(\text{O})=1.244\times 10^{-5}$ 18; $\alpha(\text{P})=5.34\times 10^{-7}$ 8 Additional information 16.
1475.6+x	(14 ⁺)	585.2 3	100	890.4+x	(12 ⁺)	E2	0.01062 15	$\alpha(\text{K})=0.00815$ 11; $\alpha(\text{L})=0.001448$ 20; $\alpha(\text{M})=0.000326$ 5 $\alpha(\text{N})=7.50\times 10^{-5}$ 11; $\alpha(\text{O})=1.040\times 10^{-5}$ 15; $\alpha(\text{P})=4.60\times 10^{-7}$ 6 Additional information 17.
1687.0+x	(15 ⁻)	590.0 3	100	1097.0+x	(13 ⁻)	E2	0.01041 15	$\alpha(\text{K})=0.00863$ 12; $\alpha(\text{L})=0.001550$ 22; $\alpha(\text{M})=0.000349$ 5 $\alpha(\text{N})=8.03\times 10^{-5}$ 11; $\alpha(\text{O})=1.112\times 10^{-5}$ 16; $\alpha(\text{P})=4.86\times 10^{-7}$ 7 Additional information 18.
1728.4+x	(14 ⁻)	530.0 3	100	1198.4+x	(12 ⁻ , 13 ⁻)	E2	0.0303 4	$\alpha(\text{K})=0.00847$ 12; $\alpha(\text{L})=0.001515$ 21; $\alpha(\text{M})=0.000341$ 5 $\alpha(\text{N})=7.85\times 10^{-5}$ 11; $\alpha(\text{O})=1.087\times 10^{-5}$ 15; $\alpha(\text{P})=4.77\times 10^{-7}$ 7 Additional information 19.
1868.5+x	(14 ⁺)	392.9 3	100 30	1475.6+x	(14 ⁺)			
		978.1 3		890.4+x	(12 ⁺)	(E2)	0.00335 5	$\alpha(\text{K})=0.02352$ 33; $\alpha(\text{L})=0.00523$ 7; $\alpha(\text{M})=0.001199$ 17 $\alpha(\text{N})=0.000275$ 4; $\alpha(\text{O})=3.67\times 10^{-5}$ 5; $\alpha(\text{P})=1.273\times 10^{-6}$ 18 Additional information 20.
1973.4+x	(16 ⁻)	286.4 3	100 14	1687.0+x	(15 ⁻)	D(+Q)	0.01011 14	$\alpha(\text{K})=0.00280$ 4; $\alpha(\text{L})=0.000425$ 6; $\alpha(\text{M})=9.41\times 10^{-5}$ 13 $\alpha(\text{N})=2.176\times 10^{-5}$ 31; $\alpha(\text{O})=3.11\times 10^{-6}$ 4; $\alpha(\text{P})=1.607\times 10^{-7}$ 23 Additional information 21. Additional information 22.
		597.2 3	81 14	1376.2+x	(14 ⁻)	E2		
2187.0+x	(16 ⁻)	458.6 3	33 10	1728.4+x	(14 ⁻)	(M1+E2)	0.024 8	$\alpha(\text{K})=0.00823$ 12; $\alpha(\text{L})=0.001465$ 21; $\alpha(\text{M})=0.000330$ 5 $\alpha(\text{N})=7.59\times 10^{-5}$ 11; $\alpha(\text{O})=1.052\times 10^{-5}$ 15; $\alpha(\text{P})=4.64\times 10^{-7}$ 7 Additional information 23.
		500.0 3	100 33	1687.0+x	(15 ⁻)			
		810.8 3	67 20	1376.2+x	(14 ⁻)	E2	0.00500 7	$\alpha(\text{K})=0.020$ 7; $\alpha(\text{L})=0.0032$ 7; $\alpha(\text{M})=0.00071$ 15 $\alpha(\text{N})=0.00016$ 4; $\alpha(\text{O})=2.3\times 10^{-5}$ 6; $\alpha(\text{P})=1.2\times 10^{-6}$ 5 Additional information 24.
2229.9+x	(16 ⁺)	754.3 3	100	1475.6+x	(14 ⁺)	E2	0.00586 8	$\alpha(\text{K})=0.00415$ 6; $\alpha(\text{L})=0.000661$ 9; $\alpha(\text{M})=0.0001471$ 21 $\alpha(\text{N})=3.40\times 10^{-5}$ 5; $\alpha(\text{O})=4.81\times 10^{-6}$ 7; $\alpha(\text{P})=2.369\times 10^{-7}$ 33 Additional information 25.
2270.4+x	(15 ⁺)	816.6 3	100	1453.8+x	(13 ⁺)	(E2)	0.00492 7	$\alpha(\text{K})=0.00485$ 7; $\alpha(\text{L})=0.000791$ 11; $\alpha(\text{M})=0.0001763$ 25 $\alpha(\text{N})=4.07\times 10^{-5}$ 6; $\alpha(\text{O})=5.73\times 10^{-6}$ 8; $\alpha(\text{P})=2.76\times 10^{-7}$ 4 Additional information 26.
2302.3+x	(17 ⁻)	615.3 3	100	1687.0+x	(15 ⁻)	(E2)	0.00941 13	$\alpha(\text{K})=0.00409$ 6; $\alpha(\text{L})=0.000650$ 9; $\alpha(\text{M})=0.0001445$ 20 $\alpha(\text{N})=3.34\times 10^{-5}$ 5; $\alpha(\text{O})=4.72\times 10^{-6}$ 7; $\alpha(\text{P})=2.334\times 10^{-7}$ 33 Additional information 27.
2385.4+x	(18 ⁻)	83.1 3	<1.3	2302.3+x	(17 ⁻)			$\alpha(\text{K})=0.00768$ 11; $\alpha(\text{L})=0.001349$ 19; $\alpha(\text{M})=0.000303$ 4 $\alpha(\text{N})=6.98\times 10^{-5}$ 10; $\alpha(\text{O})=9.70\times 10^{-6}$ 14; $\alpha(\text{P})=4.34\times 10^{-7}$ 6 Additional information 28.
		198.4 3	<1.3	2187.0+x	(16 ⁻)			Additional information 29. Mult.: D(+Q) based on DCO value; 2013Mo35 adopted Q.

Adopted Levels, Gammas (continued)

$\gamma(^{154}\text{Ho})$ (continued)								
$E_i(\text{level})$	J_i^π	E_γ^\dagger	I_γ^\dagger	E_f	J_f^π	Mult. [‡]	$\alpha^\#$	Comments
2385.4+x	(18 ⁻)	412.0 3	100 16	1973.4+x	(16 ⁻)	E2	0.0265 4	$\alpha(\text{K})=0.02074$ 29; $\alpha(\text{L})=0.00448$ 6; $\alpha(\text{M})=0.001024$ 15 $\alpha(\text{N})=0.0002346$ 33; $\alpha(\text{O})=3.15\times 10^{-5}$ 4; $\alpha(\text{P})=1.130\times 10^{-6}$ 16 Additional information 30.
2439.3+x	(17 ⁻)	252.3 3	100	2187.0+x	(16 ⁻)	(M1+E2)	0.16 4	$\alpha(\text{K})=0.12$ 4; $\alpha(\text{L})=0.0248$ 8; $\alpha(\text{M})=0.00565$ 35 $\alpha(\text{N})=0.00130$ 7; $\alpha(\text{O})=0.000177$ 4; $\alpha(\text{P})=7.1\times 10^{-6}$ 30 Additional information 31.
2446.2+x	(16 ⁺)	465.9 3 216.3 3 970.6 3	100 100 100	1973.4+x (16 ⁻) 2229.9+x (16 ⁺) 1475.6+x (14 ⁺)	(E2)		0.00340 5	$\alpha(\text{K})=0.00285$ 4; $\alpha(\text{L})=0.000433$ 6; $\alpha(\text{M})=9.58\times 10^{-5}$ 13 $\alpha(\text{N})=2.215\times 10^{-5}$ 31; $\alpha(\text{O})=3.16\times 10^{-6}$ 4; $\alpha(\text{P})=1.632\times 10^{-7}$ 23 Additional information 32.
2641.7+x	(18 ⁻)	339.4 3 668.3 3	100 30 100 30	2302.3+x (17 ⁻) 1973.4+x (16 ⁻)	D (E2)		0.00774 11	Additional information 33. $\alpha(\text{K})=0.00635$ 9; $\alpha(\text{L})=0.001080$ 15; $\alpha(\text{M})=0.0002419$ 34 $\alpha(\text{N})=5.58\times 10^{-5}$ 8; $\alpha(\text{O})=7.79\times 10^{-6}$ 11; $\alpha(\text{P})=3.60\times 10^{-7}$ 5 Additional information 34.
2741.6+x 3058.3+x	(19 ⁻) (18 ⁺)	356.2 3 828.4 3	100 100	2385.4+x (18 ⁻) 2229.9+x (16 ⁺)	D(+Q) E2		0.00477 7	Additional information 35. $\alpha(\text{K})=0.00396$ 6; $\alpha(\text{L})=0.000628$ 9; $\alpha(\text{M})=0.0001395$ 20 $\alpha(\text{N})=3.22\times 10^{-5}$ 5; $\alpha(\text{O})=4.57\times 10^{-6}$ 6; $\alpha(\text{P})=2.264\times 10^{-7}$ 32 Additional information 36.
3072.4+x	(19 ⁻)	687.0 3 770.1 3	<25 100 30	2385.4+x (18 ⁻) 2302.3+x (17 ⁻)	D(+Q) (E2)		0.00560 8	Additional information 37. $\alpha(\text{K})=0.00464$ 7; $\alpha(\text{L})=0.000751$ 11; $\alpha(\text{M})=0.0001673$ 23 $\alpha(\text{N})=3.86\times 10^{-5}$ 5; $\alpha(\text{O})=5.45\times 10^{-6}$ 8; $\alpha(\text{P})=2.64\times 10^{-7}$ 4 Additional information 38.
3169.9+x	(18 ⁺)	940.0 3	<100	2229.9+x (16 ⁺)	(E2)		0.00364 5	$\alpha(\text{K})=0.00304$ 4; $\alpha(\text{L})=0.000466$ 7; $\alpha(\text{M})=0.0001032$ 14 $\alpha(\text{N})=2.385\times 10^{-5}$ 33; $\alpha(\text{O})=3.40\times 10^{-6}$ 5; $\alpha(\text{P})=1.742\times 10^{-7}$ 24 Additional information 39.
3217.4+x	(20 ⁻)	475.8 3	<167	2741.6+x (19 ⁻)	(M1+E2)		0.027 9	$\alpha(\text{K})=0.023$ 8; $\alpha(\text{L})=0.0036$ 8; $\alpha(\text{M})=0.00081$ 16 $\alpha(\text{N})=0.00019$ 4; $\alpha(\text{O})=2.7\times 10^{-5}$ 6; $\alpha(\text{P})=1.3\times 10^{-6}$ 5 Additional information 40.
3396.6+x	(20 ⁻)	832.0 3 324.2 3 754.9 3	100 33 10 3 100 30	2385.4+x (18 ⁻) 3072.4+x (19 ⁻) 2641.7+x (18 ⁻)	D(+Q) (E2)		0.00585 8	Additional information 41. $\alpha(\text{K})=0.00484$ 7; $\alpha(\text{L})=0.000789$ 11; $\alpha(\text{M})=0.0001760$ 25 $\alpha(\text{N})=4.06\times 10^{-5}$ 6; $\alpha(\text{O})=5.72\times 10^{-6}$ 8; $\alpha(\text{P})=2.76\times 10^{-7}$ 4 Additional information 42.
3454.8+x	(20 ⁺)	713.2 3	100	2741.6+x (19 ⁻)	(E1)		2.52×10^{-3} 4	$\alpha(\text{K})=0.002147$ 30; $\alpha(\text{L})=0.000292$ 4; $\alpha(\text{M})=6.38\times 10^{-5}$ 9 $\alpha(\text{N})=1.475\times 10^{-5}$ 21; $\alpha(\text{O})=2.130\times 10^{-6}$ 30; $\alpha(\text{P})=1.177\times 10^{-7}$ 17 Additional information 43. Mult.: D interpreted by 2013Mo35 as (E1) from comparison with 279.2 γ , 286.4 γ , and 356.2 γ known (M1(+E2)) transitions with DCO=0.65-0.69 (2013Mo35).
3458.0+x	(20 ⁻)	816.2 3	50 15	2641.7+x (18 ⁻)	(E2)		0.00492 7	$\alpha(\text{K})=0.00409$ 6; $\alpha(\text{L})=0.000651$ 9; $\alpha(\text{M})=0.0001447$ 20

Adopted Levels, Gammas (continued)

$\gamma(^{154}\text{Ho})$ (continued)

<u>E_i(level)</u>	<u>J_i^π</u>	<u>E_γ[†]</u>	<u>I_γ[†]</u>	<u>E_f</u>	<u>J_f^π</u>	<u>Mult.[‡]</u>	<u>α[#]</u>	<u>Comments</u>
								$\alpha(\text{N})=3.34\times 10^{-5}$ 5; $\alpha(\text{O})=4.73\times 10^{-6}$ 7; $\alpha(\text{P})=2.336\times 10^{-7}$ 33 Additional information 44.
3458.0+x	(20 ⁻)	1072.6 3	100 30	2385.4+x	(18 ⁻)	E2	0.00277 4	$\alpha(\text{K})=0.002328$ 33; $\alpha(\text{L})=0.000346$ 5; $\alpha(\text{M})=7.64\times 10^{-5}$ 11 $\alpha(\text{N})=1.768\times 10^{-5}$ 25; $\alpha(\text{O})=2.53\times 10^{-6}$ 4; $\alpha(\text{P})=1.335\times 10^{-7}$ 19 Additional information 45.
3638.4+x	(21 ⁻)	896.8 3	100	2741.6+x	(19 ⁻)	(E2)	0.00402 6	$\alpha(\text{K})=0.00335$ 5; $\alpha(\text{L})=0.000519$ 7; $\alpha(\text{M})=0.0001153$ 16 $\alpha(\text{N})=2.66\times 10^{-5}$ 4; $\alpha(\text{O})=3.79\times 10^{-6}$ 5; $\alpha(\text{P})=1.919\times 10^{-7}$ 27 Additional information 46.
3640.4+x	(21 ⁺)	185.6 3	100	3454.8+x	(20 ⁺)	D(+Q)		Additional information 47.
3849.8+x	(21 ⁻)	777.4 3	100	3072.4+x	(19 ⁻)	(E2)	0.00548 8	$\alpha(\text{K})=0.00454$ 6; $\alpha(\text{L})=0.000733$ 10; $\alpha(\text{M})=0.0001634$ 23 $\alpha(\text{N})=3.77\times 10^{-5}$ 5; $\alpha(\text{O})=5.32\times 10^{-6}$ 7; $\alpha(\text{P})=2.59\times 10^{-7}$ 4 Additional information 48.
3997.1+x	(22 ⁻)	358.7 3 779.7 3	100 30 100 30	3638.4+x 3217.4+x	(21 ⁻) (20 ⁻)	D(+Q) (E2)	0.00545 8	$\alpha(\text{K})=0.00451$ 6; $\alpha(\text{L})=0.000728$ 10; $\alpha(\text{M})=0.0001622$ 23 $\alpha(\text{N})=3.74\times 10^{-5}$ 5; $\alpha(\text{O})=5.28\times 10^{-6}$ 7; $\alpha(\text{P})=2.57\times 10^{-7}$ 4 Additional information 49.
4070.8+x	(22 ⁺)	430.4 3	100	3640.4+x	(21 ⁺)	D(+Q)		Additional information 50.
4299.8+x	(22 ⁻)	841.8 3	100	3458.0+x	(20 ⁻)	E2	0.00460 6	$\alpha(\text{K})=0.00383$ 5; $\alpha(\text{L})=0.000604$ 8; $\alpha(\text{M})=0.0001342$ 19 $\alpha(\text{N})=3.10\times 10^{-5}$ 4; $\alpha(\text{O})=4.39\times 10^{-6}$ 6; $\alpha(\text{P})=2.189\times 10^{-7}$ 31 Additional information 52.
4414.1+x	(23 ⁻)	775.7 3	100 2	3638.4+x	(21 ⁻)	(E2)	0.00551 8	$\alpha(\text{K})=0.00456$ 6; $\alpha(\text{L})=0.000737$ 10; $\alpha(\text{M})=0.0001643$ 23 $\alpha(\text{N})=3.79\times 10^{-5}$ 5; $\alpha(\text{O})=5.35\times 10^{-6}$ 8; $\alpha(\text{P})=2.60\times 10^{-7}$ 4 Additional information 53.
4552.8+x	(23 ⁺)	912.4 3	100	3640.4+x	(21 ⁺)	(E2)	0.00387 5	$\alpha(\text{K})=0.00324$ 5; $\alpha(\text{L})=0.000499$ 7; $\alpha(\text{M})=0.0001106$ 16 $\alpha(\text{N})=2.56\times 10^{-5}$ 4; $\alpha(\text{O})=3.64\times 10^{-6}$ 5; $\alpha(\text{P})=1.852\times 10^{-7}$ 26 Additional information 54.
4632.4+x	(23 ⁻)	782.6 3	100	3849.8+x	(21 ⁻)	(E2)	0.00540 8	$\alpha(\text{K})=0.00448$ 6; $\alpha(\text{L})=0.000721$ 10; $\alpha(\text{M})=0.0001607$ 23 $\alpha(\text{N})=3.71\times 10^{-5}$ 5; $\alpha(\text{O})=5.24\times 10^{-6}$ 7; $\alpha(\text{P})=2.55\times 10^{-7}$ 4 Additional information 55.
4760.3+x	(24 ⁻)	346.2 3 763.2 3	100 30 60 20	4414.1+x 3997.1+x	(23 ⁻) (22 ⁻)	D(+Q) (E2)	0.00571 8	Additional information 56. $\alpha(\text{K})=0.00473$ 7; $\alpha(\text{L})=0.000768$ 11; $\alpha(\text{M})=0.0001712$ 24 $\alpha(\text{N})=3.95\times 10^{-5}$ 6; $\alpha(\text{O})=5.57\times 10^{-6}$ 8; $\alpha(\text{P})=2.70\times 10^{-7}$ 4 Additional information 57.
4930.0+x	(24 ⁺)	377.2 3	100 30	4552.8+x	(23 ⁺)	(M1+E2)	0.050 16	$\alpha(\text{K})=0.041$ 15; $\alpha(\text{L})=0.0071$ 11; $\alpha(\text{M})=0.00159$ 21 $\alpha(\text{N})=0.00037$ 5; $\alpha(\text{O})=5.1\times 10^{-5}$ 9; $\alpha(\text{P})=2.4\times 10^{-6}$ 10 Additional information 58.
		859.2 3	30 10	4070.8+x	(22 ⁺)	E2	0.00440 6	$\alpha(\text{K})=0.00367$ 5; $\alpha(\text{L})=0.000575$ 8; $\alpha(\text{M})=0.0001277$ 18 $\alpha(\text{N})=2.95\times 10^{-5}$ 4; $\alpha(\text{O})=4.19\times 10^{-6}$ 6; $\alpha(\text{P})=2.098\times 10^{-7}$ 29 Additional information 59.
5171.6+x	(25 ⁻)	757.5 3	100	4414.1+x	(23 ⁻)	(E2)	0.00581 8	$\alpha(\text{K})=0.00481$ 7; $\alpha(\text{L})=0.000782$ 11; $\alpha(\text{M})=0.0001744$ 24

Adopted Levels, Gammas (continued)

							$\gamma(^{154}\text{Ho})$ (continued)	
$E_i(\text{level})$	J_i^π	E_γ^\dagger	I_γ^\dagger	E_f	J_f^π	Mult. [‡]	$\alpha^\#$	Comments
								$\alpha(\text{N})=4.03\times 10^{-5}$ 6; $\alpha(\text{O})=5.67\times 10^{-6}$ 8; $\alpha(\text{P})=2.74\times 10^{-7}$ 4 Additional information 60.
5212.8+x	(24 ⁺)	282.8 3 660.0 3	100 100	4930.0+x (24 ⁺) 4552.8+x (23 ⁺)		(M1+E2)	0.012 4	$\alpha(\text{K})=0.0100$ 35; $\alpha(\text{L})=0.0015$ 4; $\alpha(\text{M})=3.4\times 10^{-4}$ 8 $\alpha(\text{N})=7.8\times 10^{-5}$ 20; $\alpha(\text{O})=1.12\times 10^{-5}$ 31; $\alpha(\text{P})=5.9\times 10^{-7}$ 22 Additional information 61.
5215.9+x	(25 ⁻)	455.6 3	100	4760.3+x (24 ⁻)		(M1+E2)	0.031 10	$\alpha(\text{K})=0.025$ 9; $\alpha(\text{L})=0.0041$ 9; $\alpha(\text{M})=0.00092$ 18 $\alpha(\text{N})=0.00021$ 4; $\alpha(\text{O})=3.0\times 10^{-5}$ 7; $\alpha(\text{P})=1.5\times 10^{-6}$ 6 Additional information 62.
5349.0+x	(25 ⁺)	136.2 3 796.2 3	50 50 100 40	5212.8+x (24 ⁺) 4552.8+x (23 ⁺)		E2	0.00520 7	$\alpha(\text{K})=0.00431$ 6; $\alpha(\text{L})=0.000691$ 10; $\alpha(\text{M})=0.0001539$ 22 $\alpha(\text{N})=3.55\times 10^{-5}$ 5; $\alpha(\text{O})=5.02\times 10^{-6}$ 7; $\alpha(\text{P})=2.462\times 10^{-7}$ 35 Additional information 63.
5436.7+x	(27 ⁻)	220.8 3	<33	5215.9+x (25 ⁻)		E2	0.1759 26	$\alpha(\text{K})=0.1200$ 17; $\alpha(\text{L})=0.0432$ 6; $\alpha(\text{M})=0.01016$ 15 $\alpha(\text{N})=0.002307$ 35; $\alpha(\text{O})=0.000291$ 4; $\alpha(\text{P})=5.82\times 10^{-6}$ 8 Additional information 64.
		265.1 3	100 33	5171.6+x (25 ⁻)		E2	0.0979 14	$\alpha(\text{K})=0.0705$ 10; $\alpha(\text{L})=0.02120$ 31; $\alpha(\text{M})=0.00495$ 7 $\alpha(\text{N})=0.001127$ 17; $\alpha(\text{O})=0.0001446$ 21; $\alpha(\text{P})=3.56\times 10^{-6}$ 5 Additional information 65.
5859.7+x	(26 ⁺)	510.7 3	100	5349.0+x (25 ⁺)		(M1+E2)	0.023 8	$\alpha(\text{K})=0.019$ 7; $\alpha(\text{L})=0.0030$ 7; $\alpha(\text{M})=0.00067$ 15 $\alpha(\text{N})=0.000154$ 34; $\alpha(\text{O})=2.2\times 10^{-5}$ 6; $\alpha(\text{P})=1.1\times 10^{-6}$ 4 Additional information 66.
		646.9 3	100	5212.8+x (24 ⁺)		(E2)	0.00835 12	$\alpha(\text{K})=0.00684$ 10; $\alpha(\text{L})=0.001178$ 17; $\alpha(\text{M})=0.000264$ 4 $\alpha(\text{N})=6.09\times 10^{-5}$ 9; $\alpha(\text{O})=8.49\times 10^{-6}$ 12; $\alpha(\text{P})=3.87\times 10^{-7}$ 5 Additional information 67.
5998.6+x	(28)	561.9 3	100	5436.7+x (27 ⁻)		D(+Q)		Additional information 68.
6351.9+x		492.2 3	100	5859.7+x (26 ⁺)				
6454.8+x		1018.1 3	100	5436.7+x (27 ⁻)				
6677.0+x	(29 ⁻)	1240.3 3	100	5436.7+x (27 ⁻)		(E2)	2.08×10 ⁻³ 3	$\alpha(\text{K})=0.001749$ 24; $\alpha(\text{L})=0.0002530$ 35; $\alpha(\text{M})=5.57\times 10^{-5}$ 8 $\alpha(\text{N})=1.290\times 10^{-5}$ 18; $\alpha(\text{O})=1.859\times 10^{-6}$ 26; $\alpha(\text{P})=1.003\times 10^{-7}$ 14; $\alpha(\text{IPF})=1.005\times 10^{-5}$ 15 Additional information 69.
6882.3+x	(30)	883.7 3	100	5998.6+x (28)		(E2)	0.00415 6	$\alpha(\text{K})=0.00346$ 5; $\alpha(\text{L})=0.000538$ 8; $\alpha(\text{M})=0.0001194$ 17 $\alpha(\text{N})=2.76\times 10^{-5}$ 4; $\alpha(\text{O})=3.92\times 10^{-6}$ 5; $\alpha(\text{P})=1.979\times 10^{-7}$ 28 Additional information 70.
7453.9+x	(32)	571.6 3	100	6882.3+x (30)		E2	0.01126 16	$\alpha(\text{K})=0.00913$ 13; $\alpha(\text{L})=0.001656$ 23; $\alpha(\text{M})=0.000373$ 5 $\alpha(\text{N})=8.59\times 10^{-5}$ 12; $\alpha(\text{O})=1.187\times 10^{-5}$ 17; $\alpha(\text{P})=5.13\times 10^{-7}$ 7 Additional information 71.

Adopted Levels, Gammas (continued)

$\gamma({}^{154}\text{Ho})$ (continued)

† From ${}^{141}\text{Pr}({}^{16}\text{O},3\text{n})$ (2013Mo35).

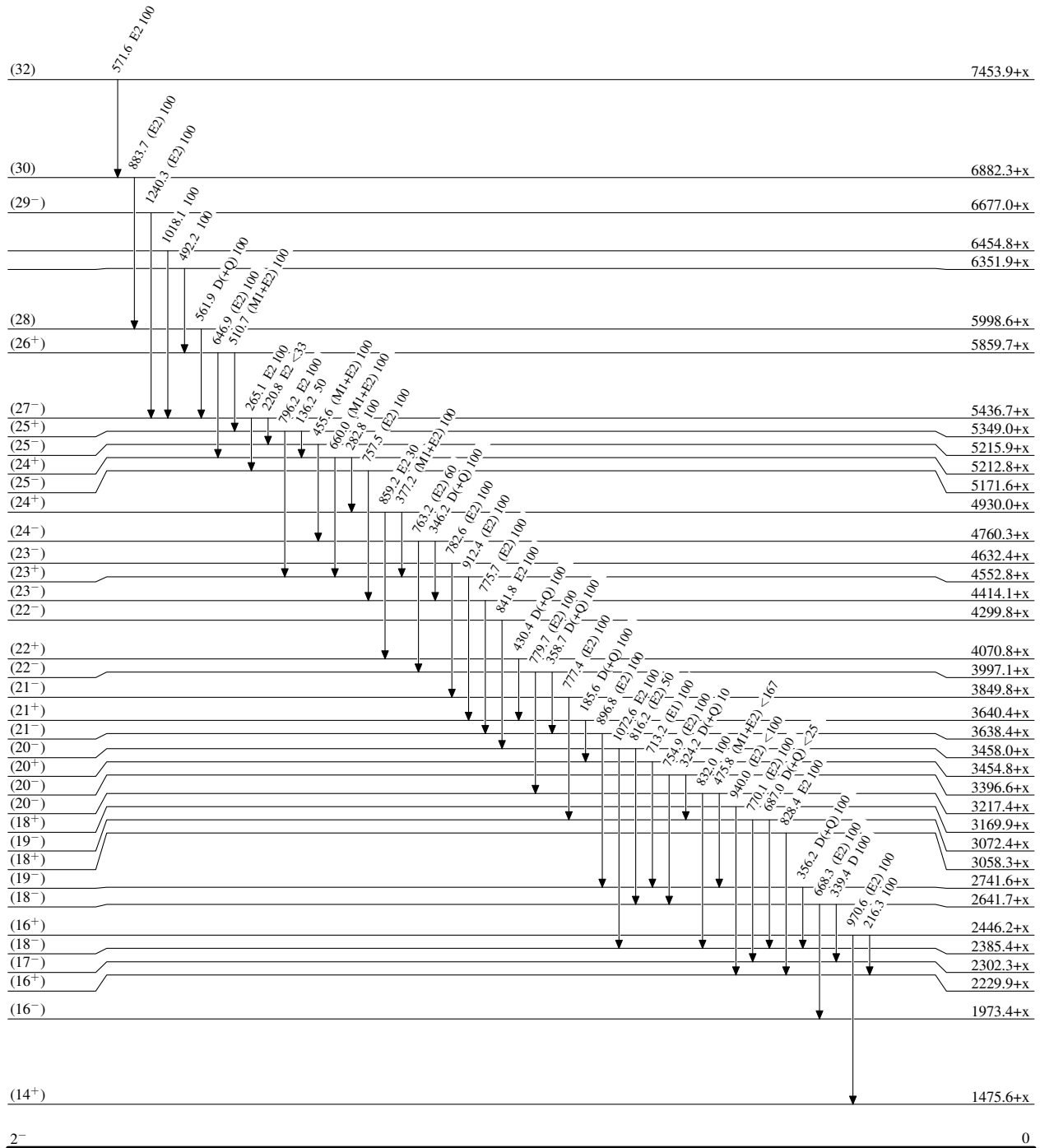
‡ Adopted by evaluator based on the DCO results from ${}^{141}\text{Pr}({}^{16}\text{O},3\text{n})$ dataset (2013Mo35) – see dataset for details.

[Additional information 72](#).

Adopted Levels, Gammas

Level Scheme

Intensities: Relative photon branching from each level



2^-

0

11.76 min 19

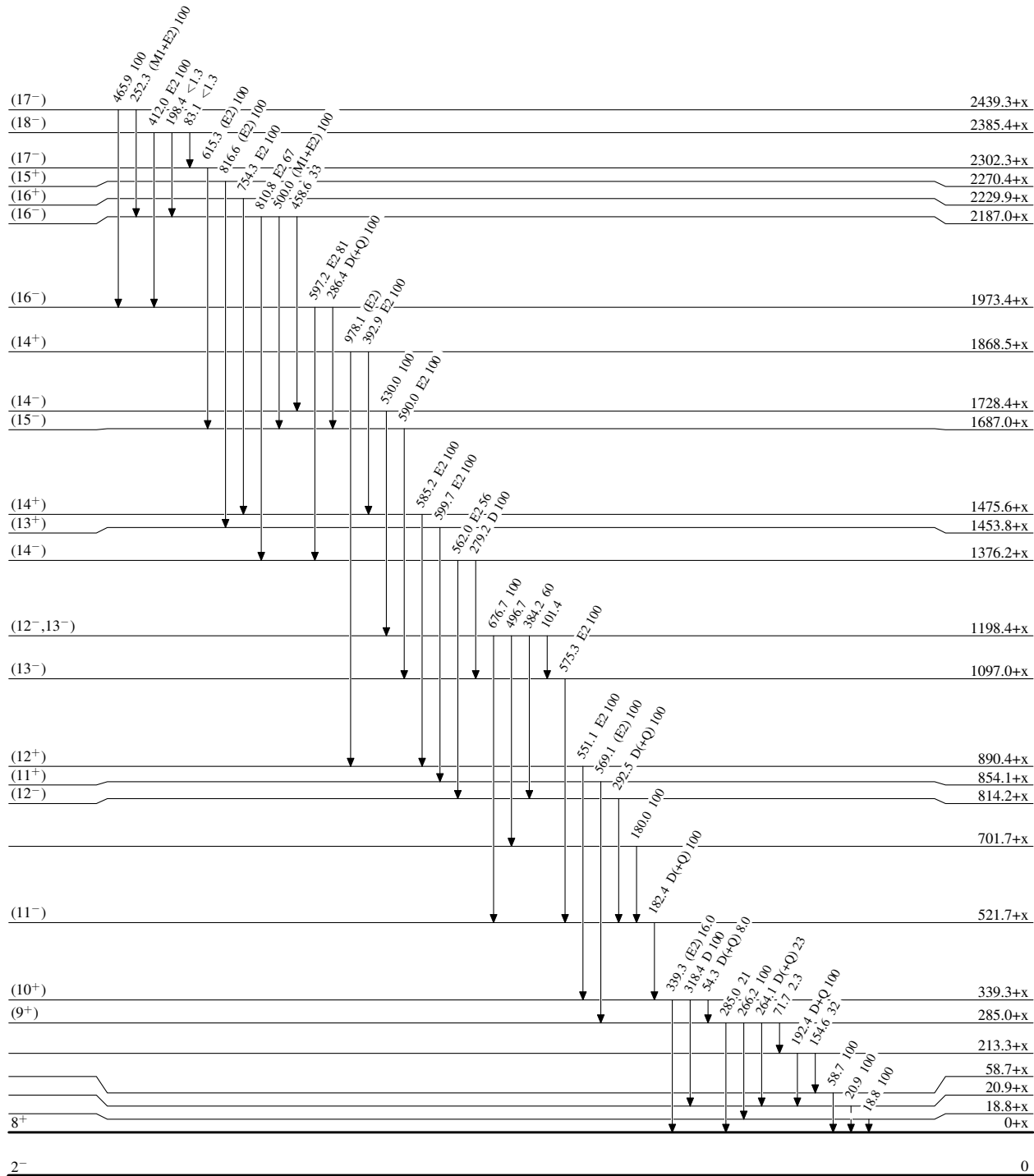
Adopted Levels, Gammas

Legend

Level Scheme (continued)

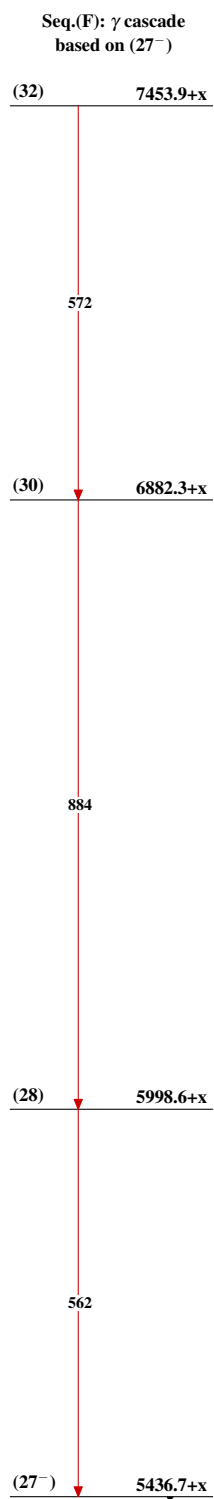
Intensities: Relative photon branching from each level

-----▶ γ Decay (Uncertain)



3.10 min 14

11.76 min 19

Adopted Levels, Gammas (continued) $^{154}_{67}\text{Ho}_{87}$