^{160}Ho IT decay (5.02 h)

Type	Author	History Citation	Literature Cutoff Date
Full Evaluation	N. Nica	NDS 176, 1 (2021)	1-May-2021

Parent: ^{160}Ho: E=59.98 *3*; $J^\pi=2^-$; $T_{1/2}$=5.02 h *5*; %IT decay=76.2 *20*
Additional information 1.

^{160}Ho Levels

E(level)	J^π	$T_{1/2}$	Comments
0.0	5^+	25.6 min *3*	
59.98 *3*	2^-	5.02 h *5*	%ε+%β^+=23.8 *20*; %IT=76.2 *20* %ε+%β^+,%IT: weighted average of %IT values (measured by almost the same group of authors by varied methods): 73.6 *52* (2002Ad34), 73.3 *30* (2003KaZR), 77.9 *20* (2006KaZX) (the smallest measured unc was adopted); other: 65 *3* (1974Al28). $T_{1/2}$,J^π: from the adopted values.

γ(^{160}Ho)

E_γ	I_γ [@]	E_i(level)	J_i^π	E_f	J_f^π	Mult.	δ [†#]	α [‡]	$I_{(\gamma+ce)}$ [@]	Comments
59.98 *3*	0.107 *2*	59.98	2^-	0.0	5^+	E3(+M4)	<0.017	930 *16*	100	ce(K)/(γ+ce)=0.00211 *8*; ce(L)/(γ+ce)=0.749 *9*; ce(M)/(γ+ce)=0.198 *5* ce(N)/(γ+ce)=0.0450 *11*; ce(O)/(γ+ce)=0.00510 *12*; ce(P)/(γ+ce)=3.8×10^{-6} *7* α(K)=1.97 *7*; α(L)=698 *12*; α(M)=184 *4* α(N)=41.9 *8*; α(O)=4.75 *9*; α(P)=0.0035 *7* E_γ: from 1966Av03. Mult.: from measured subshell ratios (1966Av03); %M4<0.03 (2010VaZZ). I_γ: calculated from I(γ+ce) and theoretical α for E3 multipolarity. α(K)exp: 1.83 *17* (stat) *7* (syst) (2010VaZZ, from comparison of Ho K x rays and 59.98γ intensities in the γ spectrum of ^{160}Ho IT decay (5.02 h)).

† Additional information 2.
‡ Additional information 3.
# Additional information 4.
@ For absolute intensity per 100 decays, multiply by 0.762 *20*.

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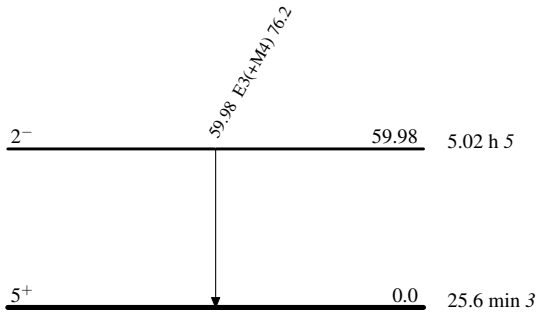
Decay Scheme

Intensities: $I_{(\gamma+ce)}$ per 100 parent decays

%IT=76.2 *20*



$^{160}_{67}Ho_{93}$