^{166}Ho β^- decay (26.805 h)

History

Type	Author	Citation	Literature Cutoff Date
Full Evaluation	M. Shamsuzzoha Basunia	NDS 213,1 (2026)	1-Jul-2026

Parent: ^{166}Ho: E=0.0; $J^\pi=0^-$; $T_{1/2}$=26.805 h *18*; Q(β^-)=1853.8 *8*; %β^- decay=100

^{166}Ho-$T_{1/2}$: from ^{166}Ho Adopted Levels.

^{166}Ho-Q(β^-): from 2021Wa16.

References: 1949Gr01, 1950An12, 1950Mc79, 1950Si20, 1952Mc05, 1952Mi18, 1954Su12, 1955Fr06, 1955Gr07, 1956Be54, 1957Mc34, 1958Co61, 1958Co76, 1958Kl48, 1959Bi10, 1960Be28, 1960He09, 1960Ma19, 1960Ma38, 1961Bo05, 1961De34, 1961Ha14, 1961Ku03, 1962Cl03, 1962El12, 1962Ha46, 1962Li15, 1963Bo19, 1963De21, 1963Fo02, 1963Fu17, 1963Gr36, 1963Ma08, 1963Ve11, 1964Gr33, 1965Ma39, 1965Sc09, 1966Be12, 1966Da04, 1966Ka13, 1966Ne06, 1967Bu14, 1968Bo38, 1968Da24, 1968Fo11, 1968Ho19, 1968Me17, 1968Ni06, 1969CaZW, 1969Fo09, 1969He02, 1969KaZV, 1969Ne02, 1970Re16, 1971Be74, 1971Ca08, 1971HeYO, 1971HeYP, 1971SkZX, 1972Dr02, 1973Di18, 1974Gr41, 1976Ra32, 1977Al27, 1977Ka30, 1980VyZZ, 1981Bu24, 1981Se09, 1989Ch45, 1992Ar06, 1994Co02, 1995Gi10, 2019Bo14, 2020Ya20, 2014Ca12.

^{166}Er Levels

E(level)†	J^π‡	$T_{1/2}$‡	Comments
0.0	0^+	stable	
80.5775 *20*	2^+	1.84 ns *3*	$T_{1/2}$: measured values from β-γ(t) are: 1.76 ns *5* (1963De21), 1.80 ns *5* (1963Fo02), 1.98 ns *21* (1961Bo05).
265.02 *9*	4^+	118 ps *4*	
785.865 *12*	2^+	3.12 ps *10*	
1460.025 *7*	0^+	0.76 ps *28*	J^π: (1379.437γ)(80.576γ)(θ) is consistent only with J=0 for 0-2-0 cascade (1960Ma19,1960Ma38,1961Ku03).
1528.12 *7*	2^+	49 fs *9*	
1662.436 *5*	1^-	5.1 fs *7*	J^π: (1581.89γ)(80.576γ)(θ) is consistent with 1(D+Q)2(Q)0 cascade and 3(D+Q)2(Q)0 cascade. J=3 ruled out because of log *ft*=6.94 for the β- branch to 1662.436 level (1968Fo11). 1969He02 measured the linear polarization and demonstrate that it is consistent with E1(+M2) for the 1581.834γ only if J=1 for 1662.436 level.
1830.425 *12*	1^-	44.7 fs *9*	

† From least-squares fit to Eγ.

‡ From Adopted Levels.

β^- radiations

For measurements of other low energy β- groups, see 1963Fu17, 1966Da04, 1966Be12, 1958Co76, 1976Ra32. Other measurements: 1949Gr01, 1950An12, 1950Si20, 1954Su12, 1958Co76.

β^- $\gamma(\theta)$: (1773.1β-)(80.574γ) cascade is consistent with 0^-,2^+,0^+ (1955Gr07,1965Ma39,1968Me17). Other measurements: 1961De34, 1963Gr36, 1964Gr33.

av Eβ: Additional information 3.

Eβ^-(g.s.)	Iβ^-	References
1854 *5*		1955Gr07
1859 *3*	49	1963Fu17
1857 *3*	52	1966Da04
1854.7 *15*	51 *2*	1974Gr41
1845 *2*	52	1976Ra32

Eβ^- (80.5 level)	Iβ^-	References
1771 *7*	48 *4*	1955Gr07
1779 *5*	49	1963Fu17
1776 *4*	47 *3*	1966Da04
1776 *8*		1966Be12
1776 *5*	48 *2*	1974Gr41

1771 *2* 47.5 1976Ra32

E(decay)	E(level)	Iβ^{-}†‡	Log *ft*	Comments
(23.4 *13*)	1830.425	0.0343 *8*	5.142 *47*	av Eβ=5.8 *2*
(191.4 *13*)	1662.436	0.300 *5*	6.983 *9*	av Eβ=51.28 *23*
(325.7 *13*)	1528.12	0.00268 *12*	9.534[1u] *20*	av Eβ=103.52 *26*
(393.8 *13*)	1460.025	0.937 *16*	7.490 *8*	av Eβ=113.83 *26*
(1067.9 *13*)	785.865	0.0062 *10*	11.72[1u] *7*	av Eβ=363.16 *30*
(1773.2 *13*)	80.5775	49.6 *11*	9.033[1u] *10*	av Eβ=599.21 *28* Additional information 1. E(decay): measured values are listed in the table above.
(1853.8 *16*)	0.0	49.1 *11*	8.162 *10*	av Eβ=671.91 *34* Additional information 2. E(decay): measured values are listed in the table above.

† From the intensity balance.
‡ Absolute intensity per 100 decays.

^{166}Ho β^- decay (26.805 h) (continued)

$\gamma(^{166}Er)$

Iγ normalization: weighted average of 0.928 *11* from %I(81γ)/I(81γ)(rel)=6.605 *28*/712 *8* [where %I(81γ) is the weighted average of 6.55 *7* (1994Co02), 6.61 *7* (LNHB), 6.636 *49* (CMI) and 6.618 *51* (NPL) (2019Bu21 − all three), and 6.51 *11* (2020Ya20)] and 0.904 *11* using %I(1379γ)=0.904 *5* [weighted average of 0.93 *3* (1962Cl03), 0.896 *13* (LNHB), 0.904 *20* (CMI) and 0.9051 *69* (NPL) (2019Bu21 − all three), 0.904 *11* (2020Ya20), and 0.902 *29* (2024Ca12)]. See comment on 81γ for additional absolute intensity data, less precise.

$\gamma\gamma(\theta)$: see 1955Fr06, 1960Ma19, 1961Bo05, 1961Ku03, 1963Ve11, 1969KaZV, 1971SkZX, 1973Di18.

β^- $\gamma(\theta$,t), $\gamma\gamma(\theta$,t): see 1963Bo19, 1961Bo05, 1969Fo09, 1969KaZV, 1971HeYP, 1971HeYO.

$\gamma\gamma(\theta$,h), $\gamma\gamma(\theta$,H,t): 1960Ma38, 1961Bo05, 1961Ku03, 1971SkZX, 1973Di18.

$\gamma\gamma$-coin: 1954Su12, 1955Fr06, 1958Co61, 1958Kl48, 1961Ha14, 1962Cl03.

ce(80.6γ): L1:L2=0.0859 *8*, L2:L3=0.962 *9*, M1:M3=0.0744 *22*, M2:M3=0.926 *9*, M45:M3=0.024 *4*, M:M3=2.027 *7*; L3:M3=3.99 *12*, N1:M3=0.024 *3*, N2:M3=0.210 *4*, N3:M3=0.224 *10*, N123:M3=0.458 *11*, O123:M3=0.065 *4*, N123:O123=7.0 *5* (1981Bu24); K:L1:L2:L3:M:M1:M2:M3:N:O= 350 *10*:35 *1*:380 *8*:430 *9*:210 *5*:8.0 *4*:94 *2*:100:42.5 *20*:8.5 *6* (1977Ka30); K:L=0.426 *11* (1968Ni06); L1:L2:L3:M3=87.1 *11*:959 *6*:1000:250 *3* (1966Ka13,1968Ni06); M1:M2:M3:M4:M5=79.0 *18*:934 *8*:1000:10.5 *4*:10.5 *5* (1968Ho19); M:(N+O+P)=3.78 *9* (1968Ni06); N1:N2:N3:N45=85 *28*:90 *7*:1000:10 *8* (1972Dr02); N/O=6.7 *4* (1972Dr02); (M+N)/L=0.320 *3* (1966Da04).

x-rays: (Iγ relative to Iγ(1379.3γ)=100 (1989Ch45)).

intensity %(2019Bo14) LNHB	intensity %(2019Bo14) CMI	intensity %(2019Bo14) NPL	intensity relative(1989Ch45)	Designation
			13.3 *3*	L_1
			359 *13*	L_α
			381 *13*	L_β
			59 *3*	L_γ
3.048 *33*	2.944 *35*	2.944 *47*	346 *11*	Kα_2
5.33 *17*	5.217 *79*	5.257 *83*	613 *22*	Kα_1
1.799 *20*	1.663 *20*	1.700 *26*	194 *8*	β_1'
0.575 *7*	0.436 *49*	0.4619 *69*	47 *2*	Kβ_2'
8.37 *17*				Kα total
2.37 *6*				Kβ total

E_γ	I_γ[†][@]	E_i(level)	J_i^π	E_f	J_f^π	Mult.[‡]	α[#]	Comments
80.576 *2*	712 *8*	80.5775	2^+	0.0	0^+	E2	6.78 *9*	α(K)=1.671 *23*; α(L)=3.91 *5*; α(M)=0.954 *13* α(N)=0.2156 *30*; α(O)=0.02509 *35*; α(P)=7.29×10^{-5} *10* %Iγ=6.52 *11*

From ENSDF

$^{166}_{68}Er_{98}$-3

^{166}Ho β^- decay (26.805 h) (continued)

$\gamma(^{166}Er)$ (continued)

E_γ	I_γ[†][@]	E_i(level)	J_i^π	E_f	J_f^π	Mult.[‡]	δ[‡]	α[#]	Comments
									E_γ: from 1992Ar06. Other precise Eγ: 80.557 *4* (1963Ma08 cryst – same value in 1962Li15), 80.574 *8* (1962Ha46 cryst.), 80.574 *4* (1965Sc09 cryst.), 80.53 *5* (1960Ma19). I_γ: weighted average of 730 *50* (1962Cl03), 667 *43* (1967Bu14), 704 *32* (1976Ra32), 672 *65* (1977Al27), 722 *8* (1989Ch45), and 656 *32* (1992Ar06). Other %Iγ(81.6): 6.51 *11* (2020Ya20), 6.55 *7* (1994Co02), 6.7 *5* (1962Cl03); 6.6 *4* (1981Se09); 6.3 *4* (1966Ne06); 6.1 *4* and 7.2 *6*, respectively, from I(ce(L))/Iβ=0.240 *15* (1966Da04) and I(ce)/Iβ=0.49 *4* (1974Gr41) and E2 theory. Mult.: from α(K)exp=1.72 *6* (1969Ne02), 1.69 *6* (1971Ca08 – superseded 1.66 *6* in 1969CaZW), 1.76 *15* (1960Ma19), 1.67 *7* (1964Th02), α(K)(exp)=1.7 *3* and K/L=0.45 *15* (1960He09). M+N/L=0.320 *3* (1966Da04) cf. 0.306 from E2 theory. Other: K:L2:L3:M:N=88:100:92:≈36:≤8 (from 22,25,23,≈9,≤2) (1961He05); K/L=0.390 *18* and K/L3=0.805 *35* (1968Bo38); M/L=0.250 *18* and (N+O+....)?M=0.28 (1968Bo01); L1/L2=0.104 *11*, L1/L3=0.102 *11*, L2/L3=0.978 *15* (1966Ha08 – also three more sets); L1/L3=0.0859 *15*, L2/L3=0.944 *14* (1966Er03).
184.4 *1*	0.17 *3*	265.02	4^+	80.5775	2^+	E2		0.331 *5*	α(K)=0.2052 *29*; α(L)=0.0965 *14*; α(M)=0.02305 *33* α(N)=0.00524 *7*; α(O)=0.000642 *9*; α(P)=9.48×10^{-6} *13* %Iγ=0.00156 *30* E_γ: from 1970Re16. Others: 184.5 *2* (1992Ar06), 184.5 *10* (1977Al27). I_γ: unweighted average of 0.22 *5* (1970Re16), 0.129 *30* (1977Al27), 0.23 *1* (1989Ch45), and 0.097 *11* (1992Ar06).
520.8 *4*	0.037 *4*	785.865	2^+	265.02	4^+	E2		0.01482 *21*	α(K)=0.01185 *17*; α(L)=0.002305 *33*; α(M)=0.000525 *7* α(N)=0.0001211 *17*; α(O)=1.645×10^{-5} *23*; α(P)=6.58×10^{-7} *9* %Iγ=3.4×10^{-4} *4* E_γ: from 1977Al27. Other: 520.8 *5* (1992Ar06). I_γ: weighted average of 0.032 *11* (1977Al27), 0.05 *2* (1989Ch45), and 0.0376 *43* (1992Ar06).
674.188 *15*	2.10 *10*	1460.025	0^+	785.865	2^+				%Iγ=0.0192 *10* E_γ: weighted average of 674.222 *16* (1992Ar06), 674.08 *10* (1977Al27), 673.99 *4* (1970Re16). I_γ: unweighted average 2.15 *22* (1970Re16), 1.76 *9* (1977Al27), 1.95 *10* (1980VyZZ), 2.3 *1* (1989Ch45), 2.011 *32* (1992Ar06), and 2.4 *3* (1995Gi10). Others: of 3.0 *5* (1962Cl03), 3.23 *22* (1967Bu14), 3.44 *22* (1976Ra32). Other %Iγ(674.2): 0.0202 *8* (2024Ca12), 0.0204 *7* (2020Ya20).
705.334 *22*	1.44 *3*	785.865	2^+	80.5775	2^+	E2+M1	−5 *+3−14*	0.0074 *12*	α(K)=0.0061 *10*; α(L)=0.00103 *12*; α(M)=0.000231 *27* α(N)=5.3×10^{-5} *6*; α(O)=7.5×10^{-6} *10*; α(P)=3.5×10^{-7} *7*

From ENSDF

$^{166}_{68}Er_{98}$-4

^{166}Ho β^- decay (26.805 h) (continued)

$\gamma(^{166}Er)$ (continued)

E_γ	I_γ[†][@]	E_i(level)	J_i^π	E_f	J_f^π	Mult.[‡]	δ[‡]	α[#]	Comments
									%Iγ=0.01319 *33* E_γ: weighted average of 705.352 *26* (1992Ar06), 705.22 *10* (1977Al27), 705.31 *4* (1970Re16). I_γ: weighted average of 1.61 *22* (1970Re16), 1.37 *6* (1977Al27), 1.40 *8* (1980VyZZ), 1.7 *1* (1989Ch45), and 1.441 *22* (1992Ar06). Others: 2.5 *5* (1962Cl03), 2.04 *32* (1967Bu14), 2.26 *11* (1976Ra32). Other %Iγ(705.3): 0.0143 *6* (2024Ca12), 0.0143 *5* (2020Ya20).
785.89 *3*	1.286 *22*	785.865	2^+	0.0	0^+	E2		0.00561 *8*	α(K)=0.00464 *6*; α(L)=0.000759 *11*; α(M)=0.0001700 *24* α(N)=3.94×10^{-5} *6*; α(O)=5.52×10^{-6} *8*; α(P)=2.63×10^{-7} *4* %Iγ=0.01178 *26* E_γ: weighted average of 785.88 *4* (1992Ar06), 785.9 *1* (1977Al27), 785.89 *4* (1970Re16). I_γ: weighted average of 1.0 *5* (1962Cl03), 1.61 *32* (1967Bu14), 1.40 *22* (1970Re16), 1.2 *5* (1976Ra32), 1.25 *6* (1977Al27), 1.37 *12* (1980VyZZ), 1.4 *1* (1989Ch45), and 1.280 *22* (1992Ar06). Other %Iγ(785.9): 0.0123 *6* (2024Ca12), 0.0126 *5* (2020Ya20).
1263.01 *14*	0.168 *10*	1528.12	2^+	265.02	4^+	E2		2.12×10^{-3} *3*	α(K)=0.001773 *25*; α(L)=0.000259 *4*; α(M)=5.73×10^{-5} *8* α(N)=1.332×10^{-5} *19*; α(O)=1.907×10^{-6} *27*; α(P)=1.011×10^{-7} *14*; α(IPF)=1.309×10^{-5} *18* %Iγ=0.00154 *10* E_γ: weighted average of 1262.94 *19* (1992Ar06), 1263.08 *20* (1977Al27). I_γ: weighted average of 0.161 *22* (1977Al27), 0.17 *1* (1989Ch45), and 0.161 *32* (1992Ar06).
1379.437 *6*	100.0 *11*	1460.025	0^+	80.5775	2^+	E2		1.81×10^{-3} *3*	α(K)=0.001498 *21*; α(L)=0.0002157 *30*; α(M)=4.76×10^{-5} *7* α(N)=1.108×10^{-5} *16*; α(O)=1.590×10^{-6} *22*; α(P)=8.54×10^{-8} *12*; α(IPF)=3.64×10^{-5} *5* %Iγ=0.916 *16* E_γ: weighted average of 1379.437 *6* (1992Ar06), 1379.36 *10* (1977Al27), 1379.43 *6* (1970Re16). I_γ: from 1977Al27, 1992Ar06. Other: 100 *5* (1970Re16). Other %Iγ(1379.4): 0.902 *29* (2024Ca12), 0.904 *11* (2020Ya20). Mult.: from α(K)exp=1.4×10^{-3} *4* (1974Gr41).
1447.52 *9*	0.114 *7*	1528.12	2^+	80.5775	2^+	M1+E2+E0	+0.5 *3*	0.0051 *18*	α(K)=0.00200 *15*; α(L)=0.000279 *20*; α(M)=6.2×10^{-5} *4* α(N)=1.43×10^{-5} *10*; α(O)=2.08×10^{-6} *16*; α(P)=1.18×10^{-7} *10*; α(IPF)=6.49×10^{-5} *24*

From ENSDF

$^{166}_{68}Er_{98}$-5

^{166}Ho β^- decay (26.805 h) (continued)

$\gamma(^{166}Er)$ (continued)

E_γ	I_γ[†][@]	E_i(level)	J_i^π	E_f	J_f^π	Mult.[‡]	δ[‡]	α[#]	$I_{(\gamma+ce)}$[@]	Comments
										%Iγ=0.00104 *7* E_γ: weighted average of 1447.5 *1* (1992Ar06), 1447.59 *20* (1977Al27). I_γ: weighted average of 0.105 *11* (1977Al27), 0.12 *1* (1989Ch45), and 0.14 *5* (1992Ar06). α: calculated using Bricc (updated and not released yet) by T. Kibedi (June 13, 2025).
1460.0		1460.025	0^+	0.0	0^+	E0			≈0.030	E_γ,$I_{(\gamma+ce)}$: from ce data (1974Gr41). I(ce(K) 1460)/I(ce(K) 1379)=0.2 *1*, so I(ce(K) 1460)=0.030 *15* if α(K)(1379)=0.00150. Mult.: no photon was observed; α(K)exp≥0.3 (1974Gr41).
1528.23 *15*	0.0097 *11*	1528.12	2^+	0.0	0^+	E2		1.54×10^{-3} *2*		α(K)=0.001236 *17*; α(L)=0.0001754 *25*; α(M)=3.87×10^{-5} *5* α(N)=9.00×10^{-6} *13*; α(O)=1.295×10^{-6} *18*; α(P)=7.04×10^{-8} *10*; α(IPF)=8.15×10^{-5} *11* %Iγ=8.9×10^{-5} *11* E_γ,I_γ: from 1992Ar06. Other: 1528.2 and 0.022, respectively (1977Al27).
1581.834 *7*	19.80 *22*	1662.436	1^-	80.5775	2^+	E1(+M2)	−0.027 *27*	8.69×10^{-4} *15*		α(K)=0.000524 *11*; α(L)=6.94×10^{-5} *15*; α(M)=1.517×10^{-5} *33* α(N)=3.53×10^{-6} *8*; α(O)=5.12×10^{-7} *11*; α(P)=2.89×10^{-8} *6*; α(IPF)=0.000257 *4* %Iγ=0.1814 *31* E_γ: weighted average of 1581.833 *7* (1992Ar06), 1581.88 *10* (1977Al27), 1581.89 *8* (1970Re16). I_γ: weighted average of 19 *3* (1962Cl03), 20.6 *10* (1967Bu14), 19.5 *10* (1970Re16), 21.5 *11* (1976Ra32), 19.7 *6* (1977Al27), 20.3 *11* (1980VyZZ), 19.9 *4* (1989Ch45), and 19.68 *22* (1992Ar06). Other %Iγ(1581.8): 0.179 *6* (2024Ca12), 0.175 *5* (2020Ya20). Mult.: from linear polarization (1969He02). δ: from 1968Fo11.
1662.439 *6*	12.96 *10*	1662.436	1^-	0.0	0^+	E1		8.77×10^{-4} *12*		α(K)=0.000480 *7*; α(L)=6.35×10^{-5} *9*; α(M)=1.386×10^{-5} *19* α(N)=3.23×10^{-6} *5*; α(O)=4.68×10^{-7} *7*; α(P)=2.65×10^{-8} *4*; α(IPF)=0.000317 *4* %Iγ=0.1187 *18* E_γ: from 1992Ar06. Others: 1662.53 *10* (1977Al27),

From ENSDF

^{166}Ho β^- decay (26.805 h) (continued)

$\gamma(^{166}Er)$ (continued)

E_γ	I_γ[†][@]	E_i(level)	J_i^π	E_f	J_f^π	Mult.[‡]	α[#]	Comments
								1662.48 *8* (1970Re16). I_γ: weighted average of 13 *3* (1962Cl03), 12.9 *7* (1967Bu14), 12.5 *6* (1970Re16), 13.0 *4* (1977Al27), 13.2 *8* (1980VyZZ), 12.7 *3* (1989Ch45), and 13.01 *11* (1992Ar06). Other: 9.9 *4* (1976Ra32). Other %Iγ(1662.4): 0.116 *4* (2024Ca12), 0.114 *3* (2020Ya20).
1749.836 *14*	2.88 *6*	1830.425	1−	80.5775	2+	(E1(+M2))	9.25×10^{-4} *31*	α(K)=0.000467 *27*; α(L)=6.2×10^{-5} *4*; α(M)=1.36×10^{-5} *9* α(N)=3.16×10^{-6} *21*; α(O)=4.59×10^{-7} *30*; α(P)=2.60×10^{-8} *17*; α(IPF)=0.000379 *6* %Iγ=0.0264 *7* E_γ: weighted average of 1749.833 *14* (1962Cl03), 1749.88 *10* (1977Al27), 1749.94 *10* (1970Re16). I_γ: weighted average of 3.0 *5* (1962Cl03), 3.33 *11* (1967Bu14), 2.69 *22* (1970Re16), 3.01 *18* (1976Ra32), 2.80 *22* (1977Al27), 2.75 *15* (1980VyZZ), 2.8 *1* (1989Ch45), and 2.85 *4* (1992Ar06). Other %Iγ(1749.8): 0.0258 *9* (2024Ca12), 0.0255 *8* (2020Ya20).
1830.419 *23*	0.866 *14*	1830.425	1−	0.0	0+	(E1)	9.20×10^{-4} *13*	α(K)=0.000409 *6*; α(L)=5.40×10^{-5} *8*; α(M)=1.179×10^{-5} *17* α(N)=2.74×10^{-6} *4*; α(O)=3.98×10^{-7} *6*; α(P)=2.260×10^{-8} *32*; α(IPF)=0.000441 *6* %Iγ=0.00793 *17* E_γ: weighted average of 1830.413 *24* (1992Ar06), 1830.46 *10* (1977Al27), 1830.57 *15* (1970Re16). I_γ: weighted average of 0.86 *11* (1970Re16), 0.81 *54* (1976Ra32), 0.83 *5* (1980VyZZ), 0.85 *2* (1989Ch45), and 0.892 *22* (1992Ar06). Others: 1.0 *3* (1962Cl03), 1.00 *8* (1967Bu14), 0.59 *5* (1977Al27). Other %Iγ(1830.4): 0.0078 *5* (2024Ca12), 0.0079 *3* (2020Ya20).

[†] Weighted average of photon data in table above after elimination of data (denoted there by '@') which are statistical outliers based on the Chauvenet criterion, and excluding data from 1980VyZZ. Uncertainties in I(1379γ) have been added in quadrature to the uncertainties in Iγ of other lines from the same data set before averages were calculated.

[‡] From Adopted Gammas. Multipolarity and δ for 1581.834γ are adopted from this dataset.

[#] Additional information 4.

[@] For absolute intensity per 100 decays, multiply by 0.00916 *12*.

From ENSDF

$^{166}_{68}Er_{98}$-7

^{166}Ho β^- decay (26.805 h)

