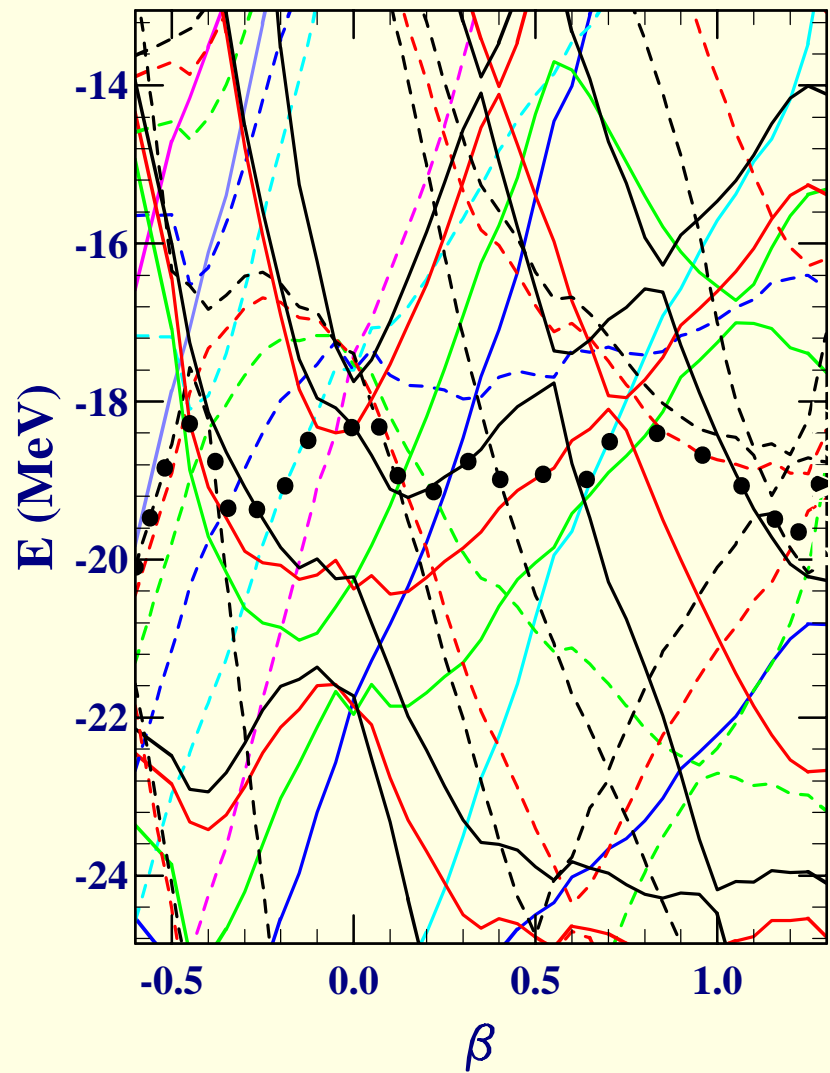
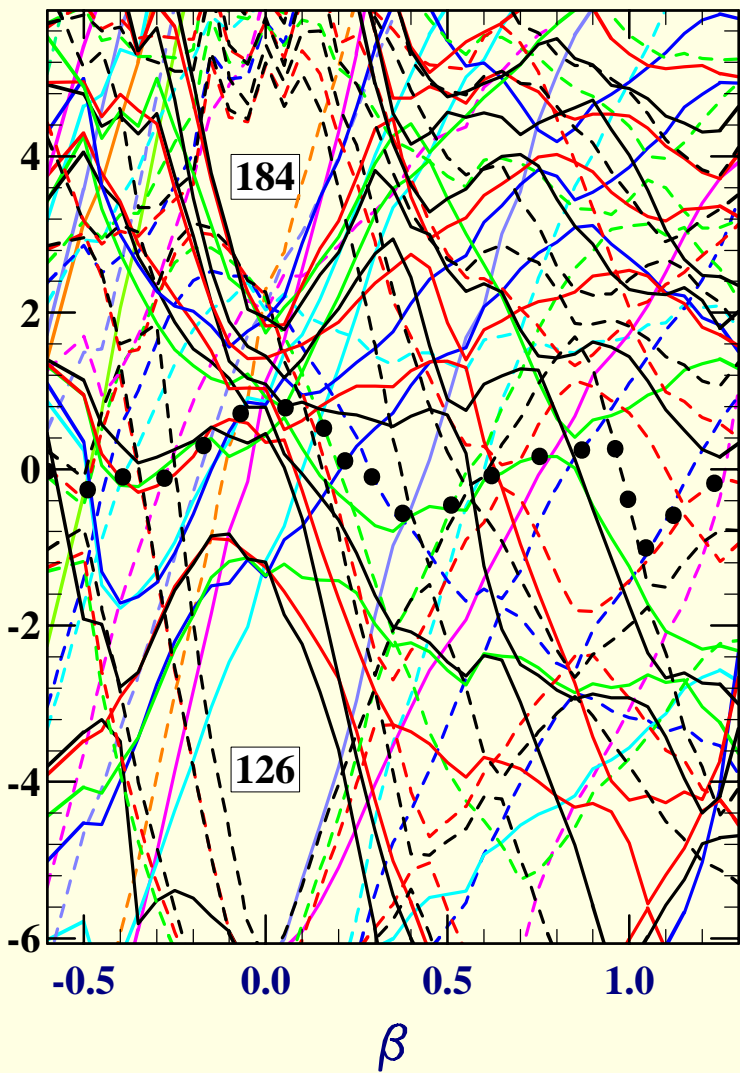


$^{215}_{67}\text{Ho}_{148}$

Protons



Neutrons



- | | | | |
|---|-------|----------|----------|
| — | - - - | $1/2^+$ | $1/2^-$ |
| — | - - - | $3/2^+$ | $3/2^-$ |
| — | - - - | $5/2^+$ | $5/2^-$ |
| — | - - - | $7/2^+$ | $7/2^-$ |
| — | - - - | $9/2^+$ | $9/2^-$ |
| — | - - - | $11/2^+$ | $11/2^-$ |
| — | - - - | $13/2^+$ | $13/2^-$ |
| — | - - - | $15/2^+$ | $15/2^-$ |
| — | - - - | $17/2^+$ | $17/2^-$ |
| — | - - - | $19/2^+$ | $19/2^-$ |
| ● | | Fermi | |