

^{176}Er $Z = 68$ $N = 108$ adopted link ENSDF link

Based on ENSDF from Oct 2022, and mass evaluation from 2020

BE = 1413.984 (-0.352) MeV

Qbeta- = 2.740 (0.366) MeV

	Energy T	J+	J-	J-other	T1/2
176ER	1 0.000	0+			1 160 NS GT

S-p = 10.659 (-0.496)-----

S-n = 6.109 (-0.496)-----

S-2p = 20.070 (-0.630)-----

S-2n = 10.848 (-0.495)-----

S-alpha= 1.260 (-0.492)-----

S+p = -8.211 (-0.394)

S+n = -4.317 (-0.637)

S+2p = -17.624 (-0.352)

S+2n = -9.838 (-0.640)

S+alpha = -0.600 (-0.503)

gap p = 2.448 (0.634)

gap n = 1.792 (0.808)

gap 2p = 2.447 (0.721)

gap 2n = 1.010 (0.809)

gap alpha = 0.660 (0.704)