

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

Based on ensdf_240402 (Apr 2024), 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
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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)