^{178}Er $Z = 68$ $N = 110$ adopted link ENSDF link

```
Based on ENSDF from Apr 2024, and mass evaluation from 2020

BE     =   1423.822 (-0.534) MeV
Qbeta- =      3.986 ( 0.642) MeV

           Energy T    J+                J-               J-other                T1/2

-----------------------------------------------------------------------------------------------
178ER   1 |  0.000     0+   |                 |                                1   160 NS   GT


S-p    =  11.362 (-0.753)-----------------------------------------------------------------------
S-n    =   5.521 (-0.753)-----------------------------------------------------------------------
S-2p   =  21.278 (-0.751)-----------------------------------------------------------------------
S-2n   =   9.838 (-0.640)-----------------------------------------------------------------------
S-alpha=   1.612 (-0.747)-----------------------------------------------------------------------

S+p       =  -8.894 (-0.643)
S+n       =  -3.882 (-0.757)
S+2p      = -19.058 (-0.644)
S+2n      =  -8.978 (-0.759)
S+alpha   =  -0.970 (-0.646)

gap p     =   2.468 ( 0.990)
gap n     =   1.639 ( 1.068)
gap 2p    =   2.220 ( 0.989)
gap 2n    =   0.860 ( 0.993)
gap alpha =   0.642 ( 0.988)
```