

^{154}Yb $Z = 70$ $N = 84$ [link to full NNDC output](#)

Based on ENSDF from Dec 2018, and mass evaluation from 2016

BE = 1238.151 (0.017) MeV

Qbeta+ = 4.495 (0.023) MeV

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

S-alpha=	-5.474 (0.024)	-----			
154YB 1	0.000	0+			1 0.409 S 2
154YB 2				0.821 (2+)	2
154YB 3				1.516 (4+)	3
154YB 4				1.950 (6+)	4
154YB 5				2.046 (8+)	5 28 NS 2
154YB 6				2.915 (10+)	6
154YB 7				3.228 (11-)	7

S-p	= 3.248 (0.021)	-----			
154YB 8				3.696 (12+)	8

S-2p	= 4.010 (0.019)	-----			
154YB 9				4.319 (14+)	9
154YB 10				4.479 (16+)	10 18.6 NS 15

154YB 11				4.608 (16+)	11
154YB 12				4.996 (17+)	12
154YB 13				5.178 (18+)	13
154YB 14				5.370	14
154YB 15				5.383	15
154YB 16				5.517	16
154YB 17				5.537	17
154YB 18				5.738	18
154YB 19				5.878	19
154YB 20				6.178	20

154YB 21				6.283 (20+)	21
154YB 22				6.343 (20)	22
154YB 23				6.666	23
154YB 24				6.797 (21+)	24
154YB 25				6.984 (22+)	25
154YB 26				7.187 (22)	26
154YB 27				7.246	27
154YB 28				7.440	28
154YB 29				7.610 (24)	29

S-p	= 3.248 (0.021)	-----			
S-n	= 0.000 (0.000)	-----			
S-2p	= 4.010 (0.019)	-----			
S-2n	= 19.804 (0.151)	-----			

S-alpha= -5.474 (0.024)-----

S+p = 0.098 (0.026)

S+n = -8.642 (0.024)

S+2p = -2.463 (0.151)

S+2n = -19.476 (0.020)

S+alpha = 5.405 (0.025)

gap p = 3.346 (0.033)

gap n = 0.000 (0.000)

gap 2p = 1.547 (0.152)

gap 2n = 0.328 (0.152)

gap alpha = -0.070 (0.035)