^{156}Yb $Z = 70$ $N = 86$ link to full NNDC output

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

BE = 1257.627 (0.009) MeV
Qbeta+ = 3.569 (0.017) MeV

	Energy	T	J+		J-		J-other		T1/2	
S-alpha= -4.810 (0.013)										
156YB 1	0.000		0+					1	26.1 S	7
156YB 2	0.536		2+					2		
156YB 3	1.143		4+					3		
156YB 4	1.728		6+					4		
156YB 5	2.272		8+					5		
156YB 6	2.955		10+					6		
156YB 7				3.027	11-			7	6.0 NS	5
156YB 8	3.570		12+					8		
156YB 9				3.815	13-			9		
S-p = 3.929 (0.014)										
156YB 10	4.090		14+					10		
156YB 11				4.474	15-			11		
156YB 12	4.732		16+					12		
156YB 13						4.789		13		
156YB 14				4.974	17-			14		
S-2p = 5.238 (0.011)										
156YB 15						5.285		15		
156YB 16	5.464		18+					16		
156YB 17				5.575	19-			17		
156YB 18						6.198	(20+)	18		
156YB 19				6.222	21-			19		
156YB 20						6.844		20		
156YB 21				7.028	23-			21		
156YB 22				7.404	25-			22		
156YB 23						7.774		23		
156YB 24						8.028		24		
156YB 25						8.369		25		
156YB 26						8.697		26		
156YB 27						8.774		27		
156YB 28						8.931		28		
156YB 29						9.246		29		
156YB 30						9.307		30		
156YB 31						10.232		31		

S-p = 3.929 (0.014)

```
S-n    =  10.834 ( 0.019)----------------------------------------------------------------
S-2p   =   5.238 ( 0.011)----------------------------------------------------------------
S-2n   =  19.476 ( 0.020)----------------------------------------------------------------
S-alpha=  -4.810 ( 0.013)----------------------------------------------------------------

S+p       =  -0.464 ( 0.015)
S+n       =  -8.228 ( 0.014)
S+2p      =  -3.415 ( 0.020)
S+2n      = -18.887 ( 0.012)
S+alpha   =   4.902 ( 0.013)

gap p     =   3.465 ( 0.020)
gap n     =   2.607 ( 0.024)
gap 2p    =   1.824 ( 0.023)
gap 2n    =   0.589 ( 0.023)
gap alpha =   0.092 ( 0.019)
```