

^{156}Yb $Z = 70$ $N = 86$ adopted link ENSDF link

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

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

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 = -0.463 (0.015)
S+n = -8.226 (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 = 2.609 (0.024)
gap 2p = 1.824 (0.022)
gap 2n = 0.589 (0.023)
gap alpha = 0.092 (0.019)