

^{157}Yb $Z = 70$ $N = 87$ adopted link ENSDF link

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

BE = 1265.853 (0.011) MeV

Qbeta+ = 5.289 (0.030) MeV

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

S-alpha=	-4.622 (0.014)				
157YB 1			0.000 7/2-		1 38.6 S 10
157YB 2				0.206 (9/2-)	2
157YB 3			0.494 11/2-		3
157YB 4	0.529	13/2+			4 45 NS
157YB 5				0.722 (13/2-)	5
157YB 6	1.020	17/2+			6
157YB 7			1.064 15/2-		7
157YB 8				1.329 (17/2-)	8
157YB 9	1.563	21/2+			9
157YB 10				1.653	10

157YB 11			1.679 19/2-		11
157YB 12				1.998 (21/2-)	12
157YB 13	2.150	25/2+			13
157YB 14				2.193 23/2(+)	14
157YB 15			2.334 23/2-		15
157YB 16				2.527 (23/2-)	16
157YB 17				2.580 27/2(+)	17
157YB 18				2.742 (25/2-)	18
157YB 19	2.823	29/2+			19
157YB 20				2.879	20

157YB 21			2.901 27/2-		21
157YB 22				2.968 (27/2-)	22
157YB 23				3.372 31/2(+)	23
157YB 24				3.391 (29/2-)	24
157YB 25			3.441 31/2-		25
157YB 26	3.501	33/2+			26
157YB 27				3.662	27
157YB 28				3.690 (33/2-)	28

S-p	= 3.874 (0.018)				
157YB 29				3.983 (33/2-)	29
157YB 30				4.071 35/2(+)	30

157YB 31			4.086 35/2-		31
157YB 32	4.183	37/2+			32
157YB 33				4.448 (37/2-)	33
157YB 34				4.704 39/2(+)	34
157YB 35				4.800 (39/2-)	35

157YB 36						4.840		36
157YB 37		4.868	41/2+					37
157YB 38						5.119	43/2(+)	38
157YB 39						5.143	(41/2-)	39
157YB 40						5.198		40

157YB 41		5.492	45/2+					41
157YB 42						5.663		42
157YB 43						5.742	(45/2-)	43
S-2p	=	5.789	(0.012)	-----				
157YB 44						5.971		44
157YB 45		6.254	49/2+					45
157YB 46						6.359	(49/2-)	46
157YB 47		6.987	53/2+					47
157YB 48						7.185	(53/2-)	48
157YB 49						7.907	(57/2-)	49

S-p	=	3.874	(0.018)	-----				
S-n	=	8.226	(0.014)	-----				
S-2p	=	5.789	(0.012)	-----				
S-2n	=	19.060	(0.020)	-----				
S-alpha	=	-4.622	(0.014)	-----				

S+p	=	-1.081	(0.019)					
S+n	=	-10.661	(0.014)					
S+2p	=	-4.011	(0.020)					
S+2n	=	-18.556	(0.021)					
S+alpha	=	4.679	(0.026)					

gap p	=	2.793	(0.026)					
gap n	=	-2.435	(0.020)					
gap 2p	=	1.778	(0.024)					
gap 2n	=	0.504	(0.029)					
gap alpha	=	0.057	(0.030)					