^{160}Yb $Z = 70$ $N = 90$ adopted link ENSDF link

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

BE = 1294.810 (0.005) MeV
Qbeta+ = 2.138 (0.033) MeV

	Energy T	J+	J-	J-other	T1/2
S-alpha= -3.623 (0.025)					
160YB 1	0.000	0+		1	4.8 M 2
160YB 2	0.243	2+		2	121 PS 7
160YB 3	0.638	4+		3	8.5 PS 6
160YB 4	0.821	2+		4	
160YB 5			1.086 (0)+	5	
160YB 6	1.113	3+		6	
160YB 7	1.147	6+		7	1.9 PS 2
160YB 8			1.222	8	
160YB 9			1.256 (4+)	9	
160YB 10			1.293 (2+)	10	
160YB 11	1.358	2+		11	
160YB 12			1.496 (1,2+)	12	
160YB 13			1.525 3-	13	
160YB 14			1.529 (2+,3,4+)	14	
160YB 15			1.567 (4)-	15	
160YB 16			1.568 5(-)	16	
160YB 17	1.574	5+		17	
160YB 18	1.592	4+		18	
160YB 19			1.629	19	
160YB 20			1.676 (2+,3,4+)	20	
160YB 21			1.694 (4-)	21	
160YB 22	1.737	8+		22	1.0 PS 2
160YB 23			1.743 (6+)	23	
160YB 24			1.811 (1,2+)	24	
160YB 25			1.871 (5-)	25	
160YB 26			1.927 7-	26	
160YB 27			1.952	27	
160YB 28	1.957	6+		28	
160YB 29			2.050 (6-)	29	
160YB 30			2.051 6-	30	
160YB 31	2.108	7+		31	
160YB 32			2.272 7-	32	
160YB 33			2.274 (8+)	33	
160YB 34			2.362 8-	34	
160YB 35	2.364	8+		35	
160YB 36			2.373 9-	36	

160YB	37	2.374	10+					37	1.1 PS 3
160YB	38					2.415		38	
160YB	39			2.481	9-			39	
160YB	40					2.527	(8-)	40	
160YB	41			2.579	10-			41	90 PS 28
160YB	42					2.649	(8-)	42	
160YB	43	2.701	9+					43	
160YB	44					2.704	(8-,9+)	44	
160YB	45					2.718	(9-)	45	
160YB	46			2.764	11-			46	46 PS 4
160YB	47					2.790	(10+)	47	
160YB	48					2.840	(10+)	48	
160YB	49			2.878	11-			49	
160YB	50					2.898	(10-)	50	
160YB	51					2.943		51	
160YB	52	2.961	12+					52	1.0 PS 4
160YB	53			2.978	12-			53	
160YB	54					3.009	(10-)	54	
160YB	55					3.025	(10-,11+)	55	
160YB	56					3.128	(11-)	56	
160YB	57	3.138	12+					57	6 PS LT
160YB	58			3.196	13-			58	6 PS LT
160YB	59					3.319	(12+)	59	
160YB	60					3.330	(12-)	60	
160YB	61	3.331	11+					61	
160YB	62	3.365	14+					62	7.7 PS 8
160YB	63			3.423	13-			63	3 PS LT
160YB	64					3.457	(12-,13+)	64	
160YB	65			3.518	14-			65	3.8 PS 12
160YB	66					3.545	(12-)	66	
160YB	67					3.683	(13-)	67	
160YB	68	3.746	14+					68	
160YB	69			3.757	15-			69	3 PS LT
160YB	70	3.849	16+					70	1.6 PS 3
160YB	71					3.870	(14+)	71	
160YB	72					3.897	(14-)	72	
160YB	73					4.016	(13+)	73	
160YB	74					4.025	(14-,15+)	74	
160YB	75					4.029	15(-)	75	
160YB	76			4.173	16-			76	1.4 PS 7
160YB	77					4.311	(15-)	77	
160YB	78	4.376	16+					78	
160YB	79	4.427	18+					79	2.1 PS 3
160YB	80			4.429	17-			80	1.5 PS 6
160YB	81					4.476	(16+)	81	

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160YB  82 |                |                |   4.556     (16-)           82
160YB  83 |                |                |   4.684     (16-,17+)       83
160YB  84 |                |                |   4.702     17(-)           84       7 PS LT
160YB  85 |                |                |   4.714     (17,18+)        85
S-p    =   4.882 ( 0.028)-------------------------------------------------------------------------
160YB  86 |                |   4.912     18- |                             86       5 PS LT
160YB  87 |                |                |   4.985     (17)            87
160YB  88 |                |                |   4.990     (17-)           88
160YB  89 |                |                |   5.036     (18+)           89
160YB  90 |  5.091     20+ |                |                             90     1.1 PS 3
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160YB  91 |                |   5.177     19- |                             91     1.3 PS 8
160YB  92 |                |                |   5.204     (18-)           92
160YB  93 |                |                |   5.332     (18-,19+)       93
160YB  94 |                |                |   5.368                     94
160YB  95 |                |                |   5.406     (19-)           95
160YB  96 |                |   5.693     20- |                             96
160YB  97 |  5.828     22+ |                |                             97    0.53 PS 9
160YB  98 |                |   5.948     21- |                             98     1.7 PS 6
160YB  99 |                |                |   6.124     (21-)           99
160YB 100 |                |   6.381     22- |                            100
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160YB 101 |  6.623     24+ |                |                            101    0.15 PS 2
160YB 102 |                |   6.694     23- |                            102       2 PS LT
160YB 103 |                |   7.092     24- |                            103
S-2p   =   7.438 ( 0.026)-------------------------------------------------------------------------
160YB 104 |  7.459     26+ |                |                            104    0.18 PS +3-4
160YB 105 |                |   7.459     25- |                            105
160YB 106 |                |   7.870     26- |                            106
160YB 107 |                |                |   8.272     (27-)          107
160YB 108 |                |                |   8.290     (28+)          108    0.19 PS 3
160YB 109 |                |   8.708     28- |                            109
160YB 110 |                |                |   9.127     (30+)          110    0.19 PS +3-5
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160YB 111 |                |                |   9.132     (29-)          111
160YB 112 |                |                |   9.555     (30-)          112


S-p    =   4.882 ( 0.028)-------------------------------------------------------------------------
S-n    =  10.401 ( 0.018)-------------------------------------------------------------------------
S-2p   =   7.438 ( 0.026)-------------------------------------------------------------------------
S-2n   =  18.296 ( 0.010)-------------------------------------------------------------------------
S-alpha=  -3.623 ( 0.025)-------------------------------------------------------------------------

S+p       =  -1.688 ( 0.028)
S+n       =  -7.742 ( 0.016)
S+2p      =  -5.583 ( 0.011)
S+2n      = -17.801 ( 0.016)
S+alpha   =   3.920 ( 0.017)
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```
gap p     =   3.194 ( 0.040)
gap n     =   2.659 ( 0.024)
gap 2p    =   1.854 ( 0.028)
gap 2n    =   0.496 ( 0.019)
gap alpha =   0.297 ( 0.030)
```