

^{174}Yb $Z = 70$ $N = 104$ [link to full NNDC output](#)

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

BE = 1406.589 (0.000) MeV

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

S-alpha=	-0.739	(0.002)	-----		
174YB 1	0.000	0+			1 STABLE
174YB 2	0.076	2+			2 1.79 NS 4
174YB 3	0.253	4+			3 144 PS 4
174YB 4	0.526	6+			4 16 PS 2
174YB 5	0.890	8+			5 3.8 PS 2
174YB 6			1.318	2-	6 0.491 NS 13
174YB 7	1.336	10+			7 1.6 PS 1
174YB 8				1.348	8
174YB 9			1.382	3-	9
174YB 10				1.468 (4)-	10

174YB 11	1.487	0+			11 1.3 PS 6
174YB 12	1.518	6+			12 830 US 40
174YB 13				1.561 (2)+	13
174YB 14				1.572 (5)-	14
174YB 15				1.606 (3)+	15
174YB 16				1.624 (1)+	16
174YB 17				1.634 (2)+	17 0.20 PS 3
174YB 18				1.671 (7+)	18
174YB 19	1.675	2+			19
174YB 20	1.702	4+			20

174YB 21				1.709 (3)+	21
174YB 22				1.711 (1-)	22 7.6 FS 20
174YB 23	1.715	4+			23
174YB 24				1.734 (3)+	24
174YB 25				1.760	25
174YB 26			1.786	3-	26
174YB 27	1.805	4+			27
174YB 28				1.820 (5+)	28
174YB 29				1.851 (3)-	29
174YB 30				1.859 (4+)	30

174YB 31				1.861 (12+)	31 0.66 PS 4
174YB 32				1.876	32
174YB 33				1.885 (5)-	33
174YB 34	1.886	0+			34
174YB 35				1.913	35
174YB 36				1.926 (5+)	36
174YB 37				1.934	37

174YB 38						1.950	(4-)	38
174YB 39						1.959	(2+)	39
174YB 40						1.959	(6+)	40

174YB 41		2.016	3+					41
174YB 42						2.019		42
174YB 43						2.021	(6-)	43
174YB 44						2.037	1	44
174YB 45						2.039		45
174YB 46						2.050	(3)-	46
174YB 47						2.069	(1)+	47
174YB 48						2.088	(4)-	48
174YB 49						2.101		49
174YB 50						2.112		50

174YB 51		2.114	0+					51
174YB 52						2.123	(4)+	52
174YB 53						2.150		53
174YB 54		2.161	4+					54
174YB 55						2.163	(2+)	55
174YB 56						2.172	(2+)	56
174YB 57						2.187		57
174YB 58						2.189		58
174YB 59						2.192		59
174YB 60						2.199	(1-)	60

174YB 61						2.213		61
174YB 62						2.230	(3+)	62
174YB 63						2.238	(1+,2+)	63
174YB 64						2.247	(2+,3+)	64
174YB 65						2.256	(3+)	65
174YB 66						2.284	(3+)	66
174YB 67		2.290	5+					67
174YB 68						2.296	(2)+	68
174YB 69						2.321		69
174YB 70					2.329 7-			70

174YB 71						2.337	(4-,5)	71
174YB 72						2.337	(4+)	72
174YB 73						2.338	1	73
174YB 74						2.342	1,2+	74
174YB 75						2.350		75
174YB 76						2.362		76
174YB 77						2.370	(4+)	77
174YB 78						2.378		78
174YB 79						2.379	(5)-	79
174YB 80						2.384	(4+)	80

174YB 81						2.403		81
174YB 82						2.408		82

174YB 83		2.434	5+					83
174YB 84						2.436		84
174YB 85						2.438	(4+)	85
174YB 86						2.450		86
174YB 87						2.457	(14+)	87
174YB 88						2.465	(2+,3+)	88
174YB 89						2.482	(5+)	89
174YB 90					2.496	8-		90

174YB 91						2.500	1	91
174YB 92						2.501	(2-,3-)	92
174YB 93						2.514		93
174YB 94						2.520		94
174YB 95						2.527		95
174YB 96						2.541		96
174YB 97						2.549		97
174YB 98						2.558		98
174YB 99						2.572	(6+)	99
174YB 100						2.581	1	100

174YB 101						2.583		101
174YB 102						2.588	(2+,3+)	102
174YB 103						2.601		103
174YB 104						2.623	(2+,3+)	104
174YB 105						2.642		105
174YB 106						2.647		106
174YB 107						2.658		107
174YB 108						2.663		108
174YB 109						2.680		109
174YB 110					2.683	9-		110

174YB 111						2.705		111
174YB 112						2.712		112
174YB 113		2.728	2+					113
174YB 114						2.732		114
174YB 115						2.749		115
174YB 116						2.753		116
174YB 117						2.761		117
174YB 118						2.768		118
174YB 119						2.784		119
174YB 120		2.793	3+					120

174YB 121						2.796		121
174YB 122						2.799		122
174YB 123						2.809		123
174YB 124						2.814	1	124
174YB 125						2.819		125
174YB 126						2.821	(0+)	126
174YB 127						2.824		127
174YB 128						2.839		128

174YB 129				2.845		129		
174YB 130				2.870		130		

174YB 131				2.883	(4+)	131		
174YB 132				2.895		132		
174YB 133				2.902		133		
174YB 134				2.904	(0+)	134		
174YB 135				2.909		135		
174YB 136				2.918	1	136		
174YB 137				2.944		137		
174YB 138				2.965		138		
174YB 139				3.002		139		
174YB 140				3.009	(1-)	140	3.9 FS	13

174YB 141				3.009	(5+)	141		
174YB 142				3.015		142		
174YB 143				3.039		143		
174YB 144				3.049	(1-)	144	15 FS	10
174YB 145				3.062		145		
174YB 146				3.075		146		
174YB 147				3.096		147		
174YB 148				3.117	(16+)	148		
174YB 149				3.122	1	149		
174YB 150				3.136		150		

174YB 151				3.145	1	151		
174YB 152				3.154		152		
174YB 153				3.163		153		
174YB 154				3.175		154		
174YB 155				3.184		155		
174YB 156				3.211		156		
174YB 157				3.217		157		
174YB 158				3.222	(1-)	158	3.9 FS	19
174YB 159				3.236		159		
174YB 160				3.244		160		

174YB 161				3.251		161		
174YB 162				3.268		162		
174YB 163				3.284		163		
174YB 164				3.294		164		
174YB 165				3.300		165		
174YB 166				3.315		166		
174YB 167				3.327	(1-)	167	2.8 FS	7
174YB 168	3.349	1+				168		
174YB 169				3.353		169		
174YB 170				3.356		170		

174YB 171				3.383		171		
174YB 172				3.387	(1-)	172	1.8 FS	5
174YB 173				3.395		173		

174YB 174			3.403		174
174YB 175			3.410		175
174YB 176			3.427		176
174YB 177			3.446		177
174YB 178			3.462		178
174YB 179			3.478		179
174YB 180			3.480		180

174YB 181			3.485	1	181
174YB 182			3.491		182
174YB 183			3.520		183
174YB 184			3.524		184
174YB 185			3.527	(1-)	185 1.6 FS 5
174YB 186			3.535		186
174YB 187	3.553	1+			187
174YB 188			3.598		188
174YB 189			3.603		189
174YB 190			3.615		190

174YB 191			3.624		191
174YB 192			3.648	(1-)	192 7.8 FS 7
174YB 193			3.656		193
174YB 194			3.692	1	194
174YB 195			3.726		195
174YB 196			3.733		196
174YB 197			3.757		197
174YB 198			3.773		198
174YB 199			3.836	(18+)	199
174YB 200			3.886		200

174YB 201			3.895		201
174YB 202			3.901		202
174YB 203			3.919		203
174YB 204			4.610	(20+)	204

S-p = 7.977 (0.004)-----
S-n = 7.464 (0.000)-----
S-2p = 15.039 (0.004)-----
S-2n = 13.831 (0.000)-----
S-alpha= -0.739 (0.002)-----

S+p = -5.510 (0.001)
S+n = -5.823 (0.000)
S+2p = -12.210 (0.001)
S+2n = -12.690 (0.000)
S+alpha = 2.084 (0.001)

gap p = 2.467 (0.004)
gap n = 1.642 (0.000)

gap 2p = 2.829 (0.004)
gap 2n = 1.142 (0.000)
gap alpha = 1.345 (0.002)