

^{176}Yb $Z = 70$ $N = 106$ adopted link ENSDF link

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

BE = 1419.279 (0.000) MeV

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

S-alpha=	-0.566	(0.004)	-----		
176YB 1	0.000	0+			1 STABLE
176YB 2	0.082	2+			2 1.76 NS 5
176YB 3	0.272	4+			3 0.11 NS 1
176YB 4	0.564	6+			4 14 PS 1
176YB 5	0.954	8+			5 3.5 PS 5
176YB 6			1.050	8-	6 11.4 S 3
176YB 7				1.088	(1-) 7
176YB 8				1.132	(2-) 8
176YB 9				1.139	(0+) 9
176YB 10				1.193	(3-) 10

176YB 11				1.200	(2+) 11
176YB 12	1.261	2+			12 0.76 PS 7
176YB 13				1.283	(4-) 13
176YB 14				1.336	(3+) 14
176YB 15				1.341	(4+) 15
176YB 16				1.410	(5-) 16
176YB 17				1.431	(10)+ 17 1.2 PS 1
176YB 18				1.432	(2-) 18
176YB 19				1.436	(4+) 19
176YB 20				1.492	(5+) 20

176YB 21				1.499	(3-) 21
176YB 22				1.519	(0+) 22
176YB 23				1.541	(6+) 23
176YB 24				1.558	(5+) 24
176YB 25				1.575	(3) 25
176YB 26				1.589	(4-) 26
176YB 27				1.610	(2+) 27
176YB 28				1.630	28
176YB 29				1.671	(3) 29
176YB 30				1.692	30

176YB 31				1.738	31
176YB 32				1.767	32
176YB 33	1.778	0+			33
176YB 34				1.790	34
176YB 35				1.798	35
176YB 36				1.819	(1+) 36
176YB 37				1.821	37

176YB 38				1.868	(2+)	38		
176YB 39				1.985	(12)+	39	0.59 PS	6
176YB 40				2.027		40		

176YB 41				2.053	(3+,4+)	41		
176YB 42				2.095		42		
176YB 43				2.139		43		
176YB 44				2.154		44		
176YB 45				2.163	(1)	45	11.5 FS	3
176YB 46				2.170		46		
176YB 47				2.245		47		
176YB 48				2.295		48		
176YB 49				2.394		49		
176YB 50				2.453	(1)	50	7.7 FS	17

176YB 51				2.481		51		
176YB 52				2.530		52		
176YB 53				2.538		53		
176YB 54				2.570		54		
176YB 55				2.602	(14)+	55	0.38 PS	7
176YB 56				2.704	(1)	56	7.4 FS	15
176YB 57				2.938	(1)	57	10 FS	4
176YB 58				2.950	(3+,4+)	58		
176YB 59				2.954	(3+,4+)	59		
176YB 60				3.052	(3+,4+,5+)	60		

176YB 61		3.126	1-			61	3.8 FS	16
176YB 62				3.143	(1)	62	2.2 FS	16
176YB 63				3.186	(4+,5+)	63		
176YB 64				3.270	(16)+	64		
176YB 65				3.456	(1)	65	6 FS	3
176YB 66		3.480	1-			66	8 FS	4
176YB 67				3.516	(1)	67	5 FS	3
176YB 68				3.540	(1-)	68	3.2 FS	15
176YB 69				3.557	(1)	69	3.1 FS	9
176YB 70				3.780	(1-)	70	1.6 FS	5

176YB 71				3.845		71	1.7 FS	9
176YB 72				3.979	(18)+	72		
176YB 73				4.729	(20)+	73		

S-p = 8.470 (0.050)-----
S-n = 6.867 (0.000)-----
S-2p = 16.143 (0.348)-----
S-2n = 12.689 (0.000)-----
S-alpha= -0.566 (0.004)-----

S+p = -6.182 (0.001)
S+n = -5.566 (0.000)

S+2p = -13.522 (0.001)
S+2n = -12.328 (0.007)
S+alpha = 1.287 (0.001)

gap p = 2.288 (0.050)
gap n = 1.301 (0.000)
gap 2p = 2.621 (0.348)
gap 2n = 0.361 (0.007)
gap alpha = 0.721 (0.004)