

$^{176}\text{Yb}$        $Z = 70$        $N = 106$       [link to full NNDC output](#)

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

BE = 1419.279 ( 0.000) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-0.567	( 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
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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
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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
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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		
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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
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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		
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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
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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 = 0.000 ( 0.000)-----  
S-2n = 12.690 ( 0.000)-----  
S-alpha= -0.567 ( 0.004)-----

S+p = -6.181 ( 0.001)  
S+n = -5.566 ( 0.000)

S+2p = -13.522 ( 0.001)  
S+2n = -12.347 ( 0.010)  
S+alpha = 1.287 ( 0.001)

gap p = 2.289 ( 0.050)  
gap n = 1.301 ( 0.000)  
gap 2p = 0.000 ( 0.000)  
gap 2n = 0.343 ( 0.010)  
gap alpha = 0.720 ( 0.004)