

^{160}W $Z = 74$ $N = 86$ [link to full NNDC output](#)

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

BE = 1262.844 (0.150) MeV

Qbeta+ = 6.497 (0.159) MeV

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

S-alpha=	-6.066 (0.212)	-----			
160W	1 0.000	0+			1 91 MS 5
160W	2 0.610	2+			2
160W	3 1.265	4+			3
S-2p =	1.802 (0.151)	-----			
160W	4 1.881	6+			4
S-p =	2.176 (0.151)	-----			
160W	5 2.228	8+			5
160W	6			2.899 (10+)	6
160W	7 2.946	10+			7
160W	8			3.168 11(-)	8
160W	9			3.523 (12+)	9
160W	10			4.022 (13-)	10

160W	11			4.219 (14+)	11
160W	12			4.735 (15-)	12
160W	13			4.861 (16+)	13

S-p = 2.176 (0.151)-----
S-n = 0.000 (0.000)-----
S-2p = 1.802 (0.151)-----
S-2n = 0.000 (0.000)-----
S-alpha= -6.066 (0.212)-----

S+p = 1.197 (0.212)
S+n = 0.000 (0.000)
S+2p = 0.000 (0.000)
S+2n = -20.816 (0.151)
S+alpha = 6.479 (0.212)

gap p = 3.374 (0.260)
gap n = 0.000 (0.000)
gap 2p = 0.000 (0.000)
gap 2n = 0.000 (0.000)
gap alpha = 0.414 (0.300)