

^{162}W $Z = 74$ $N = 88$ [link to full NNDC output](#)

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

BE = 1283.659 (0.018) MeV

Qbeta+ = 5.781 (0.055) MeV

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

S-alpha=	-5.678	(0.025)	-----		
162W 1	0.000	0+			1 1.19 S 12
162W 2				0.449 (2+)	2
162W 3				1.013 (4+)	3
162W 4				1.638 (6+)	4
162W 5				1.973	5
162W 6				2.267 (8+)	6
162W 7				2.393	7
162W 8				2.426	8
162W 9				2.508	9
S-p	= 2.509	(0.030)	-----		
S-2p	= 2.638	(0.020)	-----		
162W 10				2.823 (10+)	10

162W 11				2.892	11
162W 12				3.048	12
162W 13				3.119 (11-)	13
162W 14				3.442 (12+)	14
162W 15				3.654 (13-)	15
162W 16				4.122 (14+)	16
162W 17				4.253 (15-)	17
162W 18				4.832 (17-)	18
162W 19				4.851 (16+)	19
162W 20				5.563	20

S-p = 2.509 (0.030)-----

S-n = 0.000 (0.000)-----

S-2p = 2.638 (0.020)-----

S-2n = 20.816 (0.151)-----

S-alpha= -5.678 (0.025)-----

S+p = 0.708 (0.026)

S+n = -8.980 (0.056)

S+2p = -1.001 (0.151)

S+2n = -20.379 (0.020)

S+alpha = 6.143 (0.025)

gap p = 3.217 (0.039)

gap n = 0.000 (0.000)
gap 2p = 1.638 (0.152)
gap 2n = 0.437 (0.152)
gap alpha = 0.465 (0.035)