

$^{162}\text{W}$        $Z = 74$        $N = 88$       adopted link      ENSDF link

Based on ensdf\_240402 (Apr 2024), and mass evaluation from 2020

BE = 1283.659 ( 0.018) MeV

Qbeta+ = 5.782 ( 0.066) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-5.678	( 0.025)	-----		
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162W	1   0.000	0+			1 1.19 S 12
162W	2   0.449	(2+)			2 19 PS 8
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	= 2.510	( 0.030)	-----		
S-2p	= 2.638	( 0.020)	-----		
162W	10   2.823	(10+)			10
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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
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S-p = 2.510 ( 0.030) -----  
 S-n = 11.598 ( 0.162) -----  
 S-2p = 2.638 ( 0.020) -----  
 S-2n = 20.813 ( 0.151) -----  
 S-alpha= -5.678 ( 0.025) -----

S+p = 0.708 ( 0.026)  
 S+n = -8.981 ( 0.061)  
 S+2p = -1.003 ( 0.151)  
 S+2n = -20.379 ( 0.020)  
 S+alpha = 6.143 ( 0.025)

gap p = 3.217 ( 0.040)  
gap n = 2.617 ( 0.173)  
gap 2p = 1.635 ( 0.152)  
gap 2n = 0.434 ( 0.152)  
gap alpha = 0.465 ( 0.035)