

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

Based on ENSDF from Oct 2022, 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 |
|----------|------------------|-------|----|-------------|-------------|
| ----- | | | | | |
| 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 | = 2.510 (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 = 2.510 (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)