

^{168}W $Z = 74$ $N = 94$ [link to full NNDC output](#)

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

BE = 1342.981 (0.013) MeV

Qbeta+ = 3.501 (0.031) MeV

| | Energy T | J+ | J- | J-other | T1/2 |
|----------|----------|----------|-------|---------|---------------|
| ----- | | | | | |
| S-alpha= | -4.500 | (0.021) | ----- | | |
| 168W 1 | 0.000 | 0+ | | | 1 50.9 S 19 |
| 168W 2 | 0.199 | 2+ | | | 2 213 PS 10 |
| 168W 3 | 0.562 | 4+ | | | 3 12 PS 3 |
| 168W 4 | | | | 0.859 | 4 |
| 168W 5 | 1.042 | 6+ | | | 5 7 PS LT |
| 168W 6 | | | | 1.117 | 6 |
| 168W 7 | | | | 1.279 | 7 |
| 168W 8 | | | | 1.536 | 5(-) |
| 168W 9 | | | | 1.577 | (4-,5-) |
| 168W 10 | | | | 1.587 | 10 |
| ----- | | | | | |
| 168W 11 | 1.600 | 8+ | | | 11 2.1 PS LT |
| 168W 12 | | | | 1.699 | 12 |
| 168W 13 | | | | 1.761 | 13 |
| 168W 14 | | | | 1.834 | 7(-) |
| 168W 15 | | | | 1.916 | (6-) |
| 168W 16 | 2.202 | 10+ | | | 16 0.69 PS 14 |
| 168W 17 | | | | 2.213 | (9-) |
| 168W 18 | | | | 2.220 | 18 |
| 168W 19 | | | | 2.318 | (8-) |
| 168W 20 | | | | 2.430 | 20 |
| ----- | | | | | |
| 168W 21 | | | | 2.480 | 21 |
| 168W 22 | | | | 2.582 | (10+) |
| 168W 23 | | | | 2.621 | (10-) |
| 168W 24 | | | | 2.628 | (11-) |
| 168W 25 | | | | 2.722 | (12+) |
| 168W 26 | 2.817 | 12+ | | | 26 |
| 168W 27 | | | | 2.967 | (12-) |
| 168W 28 | | | | 3.010 | (14+) |
| 168W 29 | | | | 3.073 | (13-) |
| 168W 30 | | | | 3.420 | (14+) |
| ----- | | | | | |
| 168W 31 | | | | 3.446 | (14-) |
| 168W 32 | | | | 3.447 | (16+) |
| 168W 33 | | | | 3.577 | (15-) |
| S-p | = 3.831 | (0.031) | ----- | | |
| 168W 34 | | | | 4.003 | (16+) |
| 168W 35 | | | | 4.012 | (18+) |

| | | | | | | | | | |
|---------|----|---------|---|--------|--------|-------|----|--------|---|
| 168W | 36 | | | | 4.029 | (16-) | 36 | | |
| 168W | 37 | | | | 4.130 | (17-) | 37 | 0.8 PS | 4 |
| 168W | 38 | | | | 4.570 | (18+) | 38 | | |
| 168W | 39 | | | | 4.588 | (18-) | 39 | | |
| 168W | 40 | | | | 4.683 | (20+) | 40 | | |
| ----- | | | | | | | | | |
| 168W | 41 | | | | 4.703 | (19-) | 41 | | |
| 168W | 42 | | | | 5.098 | (20-) | 42 | | |
| 168W | 43 | | | | 5.174 | (20+) | 43 | | |
| 168W | 44 | | | | 5.288 | (21-) | 44 | | |
| 168W | 45 | | | | 5.437 | (22+) | 45 | | |
| S-2p | = | 5.612 | (| 0.031) | ----- | | | | |
| 168W | 46 | | | | 5.658 | (22-) | 46 | | |
| 168W | 47 | | | | 5.843 | (22+) | 47 | | |
| 168W | 48 | | | | 5.914 | (23-) | 48 | | |
| 168W | 49 | | | | 6.246 | (24+) | 49 | | |
| 168W | 50 | | | | 6.308 | (24-) | 50 | | |
| ----- | | | | | | | | | |
| 168W | 51 | | | | 6.585 | (24+) | 51 | | |
| 168W | 52 | | | | 6.607 | (25-) | 52 | | |
| 168W | 53 | | | | 7.057 | (26-) | 53 | | |
| 168W | 54 | | | | 7.077 | (26+) | 54 | | |
| 168W | 55 | | | | 7.376 | (27-) | 55 | | |
| 168W | 56 | | | | 7.402 | (26+) | 56 | | |
| 168W | 57 | | | | 7.898 | (28-) | 57 | | |
| 168W | 58 | | | | 7.920 | (28+) | 58 | | |
| 168W | 59 | | | | 8.223 | (29-) | 59 | | |
| 168W | 60 | | | | 8.788 | (30+) | 60 | | |
| ----- | | | | | | | | | |
| 168W | 61 | | | | 8.815 | (30-) | 61 | | |
| 168W | 62 | | | | 9.137 | (31-) | 62 | | |
| 168W | 63 | | | | 9.696 | (32+) | 63 | | |
| 168W | 64 | | | | 9.790 | (32-) | 64 | | |
| 168W | 65 | | | | 10.108 | (33-) | 65 | | |
| 168W | 66 | | | | 10.653 | (34+) | 66 | | |
| 168W | 67 | | | | 10.813 | (34-) | 67 | | |
| S-n | = | 10.866 | (| 0.023) | ----- | | | | |
| 168W | 68 | | | | 11.128 | (35-) | 68 | | |
| ----- | | | | | | | | | |
| S-p | = | 3.831 | (| 0.031) | ----- | | | | |
| S-n | = | 10.866 | (| 0.023) | ----- | | | | |
| S-2p | = | 5.612 | (| 0.031) | ----- | | | | |
| S-2n | = | 19.148 | (| 0.016) | ----- | | | | |
| S-alpha | = | -4.500 | (| 0.021) | ----- | | | | |
| ----- | | | | | | | | | |
| S+p | = | -0.805 | (| 0.017) | | | | | |
| S+n | = | -8.096 | (| 0.020) | | | | | |
| S+2p | = | -3.611 | (| 0.016) | | | | | |
| S+2n | = | -18.541 | (| 0.019) | | | | | |

S+alpha = 5.224 (0.018)

gap p = 3.026 (0.035)

gap n = 2.770 (0.030)

gap 2p = 2.001 (0.035)

gap 2n = 0.607 (0.025)

gap alpha = 0.724 (0.028)