

$^{169}\text{W}$        $Z = 74$        $N = 95$       adopted link      ENSDF link

Based on ENSDF from Oct 2022, and mass evaluation from 2020

BE = 1351.077 ( 0.015) MeV

Qbeta+ = 5.373 ( 0.032) MeV

|                    | Energy T         | J+ | J-    | J-other | T1/2     |
|--------------------|------------------|----|-------|---------|----------|
| -----              |                  |    |       |         |          |
| S-alpha=           | -4.293 ( 0.032)  |    |       |         |          |
| $^{169}\text{W}$ 1 |                  |    | 0.000 | (5/2-)  | 1 74 S 6 |
| -----              |                  |    |       |         |          |
| S-p =              | 3.813 ( 0.032)   |    |       |         |          |
| S-n =              | 8.096 ( 0.020)   |    |       |         |          |
| S-2p =             | 6.028 ( 0.032)   |    |       |         |          |
| S-2n =             | 18.967 ( 0.024)  |    |       |         |          |
| S-alpha=           | -4.293 ( 0.032)  |    |       |         |          |
| -----              |                  |    |       |         |          |
| S+p =              | -1.275 ( 0.019)  |    |       |         |          |
| S+n =              | -10.444 ( 0.020) |    |       |         |          |
| S+2p =             | -3.957 ( 0.024)  |    |       |         |          |
| S+2n =             | -18.311 ( 0.032) |    |       |         |          |
| S+alpha =          | 5.055 ( 0.021)   |    |       |         |          |
| -----              |                  |    |       |         |          |
| gap p =            | 2.538 ( 0.037)   |    |       |         |          |
| gap n =            | -2.348 ( 0.029)  |    |       |         |          |
| gap 2p =           | 2.071 ( 0.040)   |    |       |         |          |
| gap 2n =           | 0.656 ( 0.040)   |    |       |         |          |
| gap alpha =        | 0.762 ( 0.038)   |    |       |         |          |