

^{174}W $Z = 74$ $N = 100$ [link to full NNDC output](#)

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

BE = 1396.743 (0.028) MeV

Qbeta+ = 1.514 (0.040) MeV

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

S-alpha=	-3.602	(0.040)	-----		
174W 1	0.000	0+			1 33.2 M 21
174W 2	0.113	2+			2 1.14 NS 7
174W 3	0.356	4+			3 42 PS 2
174W 4	0.706	6+			4 4.4 PS 8
174W 5	1.139	8+			5 2.6 PS 3
174W 6				1.365 (4-)	6 17 PS 10
174W 7				1.401 (5-)	7 9.0 PS 35
174W 8				1.628 (6-)	8 13 PS 2
174W 9	1.638	10+			9 1.9 PS 3
174W 10				1.672	10 187 NS GE

174W 11				1.676 (7-)	11 4.9 PS 15
174W 12				1.706	12
174W 13				1.920	13 187 NS 25
174W 14				1.963 (8-)	14 11 PS 1
174W 15			1.999 9-		15 3.0 PS 6
174W 16	2.189	12+			16 1.1 PS 2
174W 17				2.330 (10-)	17 3.5 PS 10
174W 18				2.396 (11-)	18 1.7 PS 3
174W 19				2.752 (12-)	19 1.9 PS 3
174W 20	2.785	14+			20 0.6 PS 1

174W 21				2.862 (13-)	21 1.4 PS 5
174W 22				3.243 (14-)	22 1.7 PS 3
174W 23				3.389 (15-)	23 0.9 PS 5
174W 24	3.397	16+			24 0.5 PS 2
174W 25				3.799 (16-)	25
174W 26				3.969 (17-)	26 30 NS LE
174W 27	3.978	18+			27
174W 28				4.416 (18-)	28
174W 29				4.589 (19-)	29 30 NS LE
174W 30				4.606 (20+)	30

S-p = 5.119 (0.040)-----

S-n = 9.571 (0.040)-----

S-2p = 8.403 (0.037)-----

S-2n = 17.272 (0.040)-----

S-alpha= -3.602 (0.040)-----

S+p = -2.350 (0.040)

S+n = -7.477 (0.040)

S+2p = -6.449 (0.040)

S+2n = -16.557 (0.040)

S+alpha = 4.258 (0.031)

gap p = 2.769 (0.056)

gap n = 2.094 (0.056)

gap 2p = 1.954 (0.054)

gap 2n = 0.715 (0.056)

gap alpha = 0.656 (0.050)