

^{174}W $Z = 74$ $N = 100$ adopted link ENSDF link

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

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 = 5.120 (0.040)-----

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

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

S-2n = 17.273 (0.040)-----

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

S+p = -2.350 (0.040)

S+n = -7.477 (0.040)

S+2p = -6.482 (0.030)

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 = 1.921 (0.048)

gap 2n = 0.715 (0.056)

gap alpha = 0.656 (0.050)