

$^{176}\text{W}$        $Z = 74$        $N = 102$       [link to full NNDC output](#)

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

BE = 1413.300 ( 0.028) MeV

Qbeta+ = 0.724 ( 0.042) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-3.336	( 0.037)	-----		
176W 1	0.000	0+			1 2.5 H 1
176W 2	0.108	2+			2
176W 3	0.348	4+			3
176W 4	0.699	6+			4
176W 5	0.843	0+			5
176W 6	0.930	2+			6
176W 7	1.040	2+			7
176W 8	1.117	4+			8
176W 9				1.128 (2-)	9
176W 10	1.140	8+			10
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176W 11				1.179 (3+)	11
176W 12				1.197 (3-)	12
176W 13				1.302 (4-)	13
176W 14				1.321 (4+)	14
176W 15	1.396	6+			15
176W 16				1.401 (5-)	16
176W 17				1.437	17
176W 18				1.496	18
176W 19				1.518 (5+)	19
176W 20				1.526	20
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176W 21				1.538	21
176W 22				1.576 (6-)	22
176W 23				1.585	23
176W 24				1.587	24
176W 25				1.590	25
176W 26				1.594	26
176W 27	1.648	10+			27
176W 28				1.657 6(+)	28
176W 29				1.660 (3,4,5)-	29
176W 30				1.673 (7-)	30
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176W 31				1.683	31
176W 32				1.685	32
176W 33				1.700	33
176W 34				1.709	34
176W 35				1.735	35
176W 36				1.744	36

176W	37						1.759	(8+)	37
176W	38						1.858	(7)	38
176W	39						1.886		39
176W	40						1.922		40
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176W	41						1.925	8(+)	41
176W	42						1.925	(8-)	42
176W	43						1.940	(7)	43
176W	44						1.973	8(-)	44
176W	45						1.995		45
176W	46						2.008	(9-)	46
176W	47						2.150	(9)	47
176W	48						2.161		48
176W	49						2.190	(10+)	49
176W	50		2.206	12+					50
-----									
176W	51						2263.9+X		51
176W	52						2.265	10(+)	52
176W	53						2.308	(10-)	53
176W	54						2.345	(9)	54
176W	55						2.409	(11-)	55
176W	56						2.414	10(-)	56
176W	57						2466.0+X		57
176W	58						2.525	(11)	58
176W	59		2.624	12+					59
176W	60						2652.3+X		60
-----									
176W	61						2.709	12(+)	61
176W	62						2.754	(12-)	62
176W	63						2.777	(11)	63
176W	64		2.803	14+					64
176W	65						2.831	(12+)	65
176W	66						2.863		66
176W	67						2870.6+X		67
176W	68						2.882	(13-)	68
176W	69						2.887	12(-)	69
176W	70						2.971	(13)	70
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176W	71		3.033	14+					71
176W	72						3118.3+X		72
176W	73						3.229		73
176W	74						3.239	14(+)	74
176W	75						3.256		75
176W	76						3.272	(13)	76
176W	77						3.276	(14-)	77
176W	78						3.302		78
176W	79						3393.3+X		79
176W	80						3.399	14(-)	80
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176W	81						3.422	(15-)	81

176W	82	3.428	16+				82	
176W	83				3.485	(15)	83	
176W	84	3.494	16+				84	
176W	85				3694.6+X		85	
176W	86	3.747	14+				86 41 NS 1	
176W	87				3.817	(15)	87	
176W	88				3.846	(16-)	88	
176W	89				3.953	16(-)	89	
176W	90	3.970	15+				90	
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176W	91	4.003	18+				91	
176W	92				4020.6+X		92	
176W	93				4.023	(17-)	93	
176W	94				4.061	(17)	94	
176W	95				4.102		95	
176W	96	4.121	18+				96	
176W	97	4.208	16+				97	
176W	98				4.368		98	
176W	99				4.418	(17)	99	
176W	100				4.453	(18-)	100	
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176W	101	4.465	17+				101	
176W	102				4.579		102	
176W	103	4.614	20+				103	
176W	104				4.671	(19-)	104	
176W	105				4.695	(19)	105	
176W	106	4.741	18+				106	
176W	107	4.840	20+				107	
176W	108				4.895		108 10 NS AP	
176W	109	5.035	19+				109	
176W	110				5.083	(20-)	110	
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176W	111				5.193		111	
176W	112	5.299	22+				112	
176W	113	5.343	20+				113	
176W	114				5.356	(21-)	114	
176W	115				5.370	(21)	115	
176W	116				5.506		116	
-----								
S-p	=	5.522	( 0.040)	-----				
176W	117	5.607	22+				117	
176W	118	5.666	21+				118	
176W	119				5.733	(22-)	119	
176W	120				5.838		120	
-----								
176W	121	6.001	22+				121	
176W	122	6.051	24+				122	
176W	123				6.186		123	
176W	124	6.348	23+				124	
176W	125				6.548		125	
176W	126	6.709	24+				126	

176W	127		6.859		26+						127
176W	128								6.922		128

S-p = 5.522 ( 0.040)-----  
 S-n = 9.080 ( 0.040)-----  
 S-2p = 9.375 ( 0.028)-----  
 S-2n = 16.557 ( 0.040)-----  
 S-alpha= -3.336 ( 0.037)-----

S+p = -2.917 ( 0.040)  
 S+n = -7.132 ( 0.040)  
 S+2p = -7.481 ( 0.031)  
 S+2n = -15.908 ( 0.032)  
 S+alpha = 3.859 ( 0.032)

gap p = 2.605 ( 0.056)  
 gap n = 1.948 ( 0.056)  
 gap 2p = 1.894 ( 0.042)  
 gap 2n = 0.649 ( 0.051)  
 gap alpha = 0.523 ( 0.049)