

^{176}W $Z = 74$ $N = 102$ adopted link ENSDF link

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

BE = 1413.300 (0.028) MeV

Qbeta+ = 0.724 (0.042) MeV

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

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

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

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

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

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

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 = -2.916 (0.040)
S+n = -7.131 (0.040)
S+2p = -7.480 (0.031)
S+2n = -15.908 (0.032)
S+alpha = 3.861 (0.032)

gap p = 2.606 (0.056)
gap n = 1.949 (0.056)
gap 2p = 1.895 (0.042)
gap 2n = 0.649 (0.051)
gap alpha = 0.525 (0.049)