

^{182}W $Z = 74$ $N = 108$ [link to full NNDC output](#)

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

BE = 1459.332 (0.001) MeV

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

S-alpha=	-1.764	(0.002)	-----		
182W	1 0.000	0+			1 STABLE
182W	2 0.100	2+			2 1.381 NS 10
182W	3 0.329	4+			3 62 PS 3
182W	4 0.680	6+			4 8.2 PS 9
182W	5 1.136	0+			5
182W	6 1.144	8+			6 2.01 PS 17
182W	7 1.221	2+			7 0.434 PS 11
182W	8 1.257	2+			8 1.71 PS 13
182W	9		1.289	2-	9 1.12 NS 4
182W	10 1.331	3+			10 0.6 NS LT

182W	11		1.374	3-	11 78 PS 10
182W	12 1.443	4+			12 0.32 PS 3
182W	13		1.488	4-	13 49 PS LT
182W	14 1.510	4+			14
182W	15		1.553	4-	15 1.27 NS 4
182W	16		1.621	5-	16
182W	17			1.624 (5)+	17
182W	18		1.660	5-	18
182W	19 1.712	10+			19 0.76 PS 7
182W	20 1.757	6+			20

182W	21			1.766	21
182W	22		1.769	6-	22
182W	23			1.770 (6+)	23
182W	24		1.810	5-	24
182W	25			1.811 (6)-	25
182W	26			1.813	26
182W	27		1.830	6-	27
182W	28			1.833	28
182W	29			1.856 (2+)	29
182W	30			1.857 1	30

182W	31		1.871	1-	31
182W	32			1.888	32
182W	33		1.917	7-	33
182W	34			1.919 (2+:4+)	34
182W	35			1.959 (2+)	35
182W	36			1.960 (7)-	36
182W	37		1.961	6-	37

182W	38						1.971	(7)+	38
182W	39						1.978	(7)-	39
182W	40						1.982		40

182W	41						1.994	(7-)	41
182W	42						2.017	(2,3,4)+	42
182W	43				2.024	3-			43
182W	44		2.057	1+					44
182W	45						2.071		45
182W	46				2.087	8-			46
182W	47						2.094		47
182W	48						2.110	(2-,3-)	48
182W	49						2.114	(8)-	49
182W	50						2.116		50

182W	51						2.120	(8-)	51
182W	52						2.131	(7-)	52
182W	53						2.143		53
182W	54						2.148	(3-)	54
182W	55						2.174	(0+:4+)	55
182W	56						2.180	(8+)	56
182W	57						2.184	(2-,3-)	57
182W	58						2.205	(8)-	58
182W	59						2.207	(3-)	59
182W	60				2.209	3-			60

182W	61						2.213	(8+)	61
182W	62						2.225	(8-)	62
182W	63						2.231	(10+)	63
182W	64						2.241	(3+)	64
182W	65				2.274	9-			65
182W	66						2.275	(3)-	66
182W	67						2.283	1	67
182W	68						2.302	(9-)	68
182W	69						2.316	(1,2+)	69
182W	70						2.324	(8-)	70

182W	71						2.328	(9-)	71
182W	72						2.328		72
182W	73						2.331		73
182W	74						2.334		74
182W	75						2.360		75
182W	76		2.373	12+					76
182W	77						2.376		77
182W	78						2.382	1	78
182W	79						2.395		79
182W	80						2.427		80

182W	81						2.446	(9-)	81
182W	82						2.453		82

182W	83					2.456	(9-)	83	
182W	84					2.474	1	84	15 FS 2
182W	85					2.480	(9+)	85	
182W	86			2.487	10-			86	
182W	87					2.492		87	
182W	88					2.493	(11+)	88	
182W	89					2.507	(10-)	89	
182W	90	2.520	0+					90	

182W	91	2.552	0+					91	
182W	92					2.564	(10-)	92	
182W	93					2.610		93	
182W	94					2.689		94	
182W	95			2.711	11-			95	
182W	96	2.725	0+					96	
182W	97					2.731	(10-)	97	
182W	98					2.739	(10-)	98	
182W	99					2.742	(11-)	99	
182W	100					2.769	(10+)	100	

182W	101					2.775		101	
182W	102					2.776	(12+)	102	
182W	103					2.815		103	
182W	104					2.824	(11-)	104	
182W	105					2.884	1	105	16 FS 2
182W	106					2.892	(1)	106	27 FS 17
182W	107					2.941	(1,2+)	107	
182W	108			2.972	12-			108	
182W	109					2.981	(11-)	109	
182W	110					2.981	(12-)	110	

182W	111					2.996	1	111	6.7 FS 13
182W	112					3.028	(11-)	112	
182W	113					3.078	(13+)	113	
182W	114					3.080	1	114	17 FS 3
182W	115					3.107	(12-)	115	
182W	116	3.113	14+					116	0.24 PS 4
182W	117					3.163	1	117	10.3 FS 14
182W	118					3.198	(1,2+)	118	16 FS 3
182W	119			3.225	13-			119	
182W	120					3.270	(13-)	120	

182W	121					3.320	(12-)	121	
182W	122					3.343	(12-)	122	
182W	123					3.365	1	123	11.1 FS 23
182W	124					3.398	(14+)	124	
182W	125					3.411	(13-)	125	
182W	126					3.416	(12)	126	
182W	127					3.422	(1,2+)	127	10.3 FS 20
182W	128					3.518	(14-)	128	

182W 129				3.550	14-			129
182W 130						3.568	(13-)	130

182W 131						3.601	1	131 6.2 FS 12
182W 132						3.640	(1,2+)	132
182W 133						3.677	(13)	133
182W 134						3.727	(1,2+)	134
182W 135						3.734	(14-)	135
182W 136						3.736	(15+)	136
182W 137						3.755	(15+)	137 37 NS 2
182W 138				3.808	15-			138
182W 139						3.880	(15-)	139
182W 140						3.882	(1,2+)	140

182W 141						3.894	(16+)	141 7 NS LE
182W 142		3.910	16+					142 0.14 PS 3
182W 143						3.920	1	143
182W 144						3.966	(14)	144
182W 145						4.041	(17-)	145 20 NS 1
182W 146						4.075	(15-)	146
182W 147						4.079	(16+)	147
182W 148						4.082	(16+)	148
182W 149						4.117	(16-)	149
182W 150						4.197	(15-)	150

182W 151				4.211	16-			151
182W 152						4.218	(17+)	152
182W 153						4.280	(15)	153
182W 154						4.293	(17+)	154
182W 155						4.422	(18-)	155
182W 156						4.431	(17+)	156
182W 157						4.453	(17+)	157
182W 158				4.456	17-			158
182W 159						4.570	(18+)	159
182W 160						4.571	(17-)	160

182W 161		4.691	18+					161
182W 162						4.712	(18+)	162
182W 163						4.748	(18+)	163 0.088 PS +22-17
182W 164						4.780	(18-)	164
182W 165						4.780	(18)	165
182W 166						4.805	(18+)	166
182W 167						4.820	(19-)	167
182W 168						4.847	(18+)	168
182W 169				4.955	18-			169
182W 170						5.149	(19+)	170

182W 171				5.171	19-			171
182W 172						5.192	(19)	172
182W 173						5.200	(19+)	173

182W	174						5.225	(19+)		174
182W	175						5.236	(20-)		175
182W	176						5.339	(19-)		176
182W	177		5.429		20+					177
182W	178						5.619	(20)		178
182W	179						5.667	(21-)		179

S-p = 7.097 (0.002)-----
S-n = 8.083 (0.002)-----
S-2p = 13.045 (0.002)-----
S-2n = 14.753 (0.002)-----
S-alpha= -1.764 (0.002)-----

S+p = -4.852 (0.008)
S+n = -6.191 (0.001)
S+2p = -10.584 (0.001)
S+2n = -13.602 (0.001)
S+alpha = 2.821 (0.001)

gap p = 2.244 (0.008)
gap n = 1.893 (0.002)
gap 2p = 2.460 (0.002)
gap 2n = 1.151 (0.002)
gap alpha = 1.057 (0.002)