^{184}W $Z = 74$ $N = 110$ adopted link ENSDF link

Based on ensdf_240402 (Apr 2024), and mass evaluation from 2020

BE = 1472.934 (0.001) MeV

		Energy T	J+	J-	J-other		T1/2
S-alpha= -1.649 (0.002)							
184W	1	0.000	0+			1	STABLE
184W	2	0.111	2+			2	1.251 NS 12
184W	3	0.364	4+			3	46.3 PS +25-13
184W	4	0.748	6+			4	5.75 PS 18
184W	5	0.903	2+			5	1.80 PS 4
184W	6	1.002	0+			6	
184W	7	1.006	3+			7	
184W	8	1.121	2+			8	56 PS 7
184W	9			1.130 (2)-		9	
184W	10	1.134	4+			10	2.30 PS 17
184W	11			1.221 3-		11	45 PS 5
184W	12	1.252	8+			12	1.49 PS 3
184W	13				1.283 (1,2)-	13	
184W	14			1.285 5-		14	8.33 US 18
184W	15	1.295	5+			15	
184W	16	1.322	(0)+			16	
184W	17			1.345 (4-)		17	
184W	18	1.360	(4+)			18	
184W	19	1.386	2+			19	1.08 PS 10
184W	20	1.425	(3)+			20	
184W	21	1.431	2+			21	5 PS GT
184W	22			1.446 6-		22	
184W	23	1.477	6+			23	1.82 PS 9
184W	24			1.492 (5-)		24	
184W	25			1.502 7-		25	2.35 NS 10
184W	26	1.523	(3+)			26	
184W	27	1.537	(4+)			27	
184W	28	1.570	(2+)			28	
184W	29			1.581 (6-)		29	
184W	30	1.614	(1+)			30	
184W	31	1.614	0+			31	
184W	32				1.615 (1,2)+	32	
184W	33	1.628	(1)+			33	
184W	34			1.637 (7-)		34	
184W	35				1.661	35	
184W	36	1.676	(5+)			36	

184W	37					1.683	37		
184W	38	1.699	(5)+				38		
184W	39	1.713	(0)+				39		
184W	40	1.722	(1+)				40		
184W	41	1.746	(6)+				41		
184W	42	1.755	(4+)				42		
184W	43	1.775	0+				43		
184W	44	1.775	(2)+				44		
184W	45	1.796	0+				45		
184W	46	1.808	(2+)				46		
184W	47					1.847	47		
184W	48	1.861	10+				48	0.570 PS	+24-31
184W	49	1.877	(2)+				49		
184W	50					1.894 (2+,3)	50		
184W	51					1.921	51		
184W	52	1.925	8+				52		
184W	53			1.995	1(-)		53		
184W	54	2.013	(2)+				54		
184W	55					2.030 (5-,6,7-)	55		
184W	56	2.031	0+				56		
184W	57					2.036 1+,2+	57		
184W	58					2.044	58		
184W	59			2.056	(1)-		59	26 FS	5
184W	60					2.061	60		
184W	61					2.063 (0,2)+	61		
184W	62					2.074 (0,2)-	62		
184W	63					2.085 (0,2)-	63		
184W	64			2.089	(1)-		64		
184W	65	2.098	(1)+				65	31 FS	4
184W	66	2.104	(2)+				66		
184W	67	2.111	0+				67		
184W	68					2.112	68		
184W	69					2.125 (1,2+)	69		
184W	70					2.126	70		
184W	71	2.168	(1)+				71		
184W	72	2.182	(0+)				72		
184W	73					2.195	73		
184W	74					2.222 (LE4)	74		
184W	75					2.223 (2+,3,4+)	75		
184W	76					2.228 (2-,3,4-)	76		
184W	77	2.246	(2)+				77		
184W	78	2.295	(2)+				78		
184W	79	2.310	0+				79		
184W	80					2.320 (1-,2-)	80		
184W	81					2.329 (1,2+)	81		

184W	82						2.350	82		
184W	83			2.352	(1)-			83		
184W	84	2.370	(1)+					84		
184W	85						2.389	(4-,5,6-)	85	
184W	86	2.390	(1)+					86		
184W	87						2.392	87		
184W	88	2.396	(1)+					88		
184W	89						2.402	89		
184W	90	2.404	0+					90		
184W	91	2.421	(0+)					91		
184W	92						2.430	92		
184W	93						2.440	93		
184W	94						2.458	1	94	62 FS 12
184W	95	2.469	(0+)					95		
184W	96	2.472	10+					96	0.82 PS	+15-4
184W	97						2.479	(8-,9,10+	97	
184W	98						2.485	98		
184W	99						2.493	(4-,5,6)	99	
184W	100						2.509	100		
184W	101	2.513	0+					101		
184W	102						2.519	102		
184W	103						2.521	103		
184W	104						2.532	104		
184W	105						2.546	1	105	65 FS 15
184W	106						2.555	106		
184W	107	2.557	12+					107	0.265 PS	+21-24
184W	108	2.568	(0+)					108		
184W	109						2.573	109		
184W	110						2.582	110		
184W	111						2.592	111		
184W	112						2.613	112		
184W	113						2.619	113		
184W	114						2.631	114		
184W	115						2.649	115		
184W	116						2.652	116		
184W	117						2.656	117		
184W	118						2.675	118		
184W	119						2.694	1	119	
184W	120						2.704	120		
184W	121						2.707	121		
184W	122						2.713	LE3	122	
184W	123						2.720	123		
184W	124						2.733	124		
184W	125						2.739	125		
184W	126						2.758	126		
184W	127						2.763	1	127	28 FS 6

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184W  128 |                  |                  |   2.768          128
184W  129 |                  |                  |   2.798          129
184W  130 |                  |                  |   2.803          130
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184W  131 |                  |                  |   2.813          131
184W  132 |                  |                  |   2.815          132
184W  133 |  2.825     0+    |                  |                  133
184W  134 |                  |                  |   2.837          134
184W  135 |                  |                  |   2.845          135
184W  136 |                  |                  |   2.849          136
184W  137 |                  |                  |   2.854          137
184W  138 |                  |                  |   2.856          138
184W  139 |  2.871     (0+)  |                  |                  139
184W  140 |                  |                  |   2.892 1        140  31 FS      6
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184W  141 |                  |                  |   2.902          141
184W  142 |                  |                  |   2.906          142
184W  143 |                  |                  |   2.920          143
184W  144 |  2.928     (0+)  |                  |                  144
184W  145 |  2.940     (0+)  |                  |                  145
184W  146 |                  |                  |   2.947          146
184W  147 |                  |                  |   2.949          147
184W  148 |                  |                  |   2.951 1        148  33 FS      6
184W  149 |  2.969     (1+)  |                  |                  149
184W  150 |                  |                  |   2.981 5        150
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184W  151 |                  |                  |   2.984          151
184W  152 |                  |                  |   3.004          152
184W  153 |                  |                  |   3.017          153
184W  154 |                  |                  |   3.023          154
184W  155 |                  |                  |   3.027          155
184W  156 |                  |                  |   3.029          156
184W  157 |  3.037     (1+)  |                  |                  157
184W  158 |                  |                  |   3.053          158
184W  159 |                  |                  |   3.060          159
184W  160 |                  |                  |   3.069          160
----------                                                        -----------------
184W  161 |                  |                  |   3.071 1        161
184W  162 |                  |                  |   3.084 1        162
184W  163 |                  |                  |   3.088 1        163
184W  164 |                  |                  |   3.104          164
184W  165 |  3.109     (12+) |                  |                  165  0.35 PS   +14-3
184W  166 |                  |                  |   3.112          166
184W  167 |                  |                  |   3.124 1        167
184W  168 |                  |                  |   3.133 1        168
184W  169 |                  |                  |   3.135          169
184W  170 |                  |                  |   3.137          170
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184W  171 |                  |                  |   3.164          171
184W  172 |                  |                  |   3.166          172
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184W	173				3.169	173		
184W	174				3.178	174		
184W	175				3.184	175		
184W	176				3.187	176		
184W	177				3.193	177		
184W	178				3.202	178		
184W	179				3.216	179		
184W	180				3.221	180		
184W	181				3.225	181		
184W	182				3.226	182		
184W	183				3.234	183		
184W	184				3.245	184		
184W	185				3.249	185		
184W	186				3.263	186		
184W	187				3.264	187		
184W	188				3.266	188		
184W	189				3.288	189		
184W	190				3.290	190		
184W	191				3.293	191		
184W	192				3.304	192		
184W	193				3.307	193		
184W	194				3.314	194		
184W	195				3.317	195		
184W	196				3.319	196		
184W	197	3.320	14+			197	0.140 PS	+25-10
184W	198				3.329	198		
184W	199				3.341	199		
184W	200				3.345	200		
184W	201				3.349	201		
184W	202				3.353	202		
184W	203				3.365	203		
184W	204				3.370	204		
184W	205				3.373	205		
184W	206				3.378	206		
184W	207				3.384	207		
184W	208				3.392	208		
184W	209				3.400	209		
184W	210				3.414	210		
184W	211				3.421	211		
184W	212				3.422	212	16 FS	10
184W	213				3.427	213		
184W	214				3.441	214		
184W	215				3.442	215		
184W	216				3.448	216		
184W	217				3.456	217		
184W	218				3.466 1	218	5.0 FS	12

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184W  219 |                  |                  |   3.473          219
184W  220 |                  |                  |   3.488          220
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184W  221 |                  |                  |   3.501          221
184W  222 |                  |                  |   3.507 (1)      222  12 FS      4
184W  223 |                  |                  |   3.516          223
184W  224 |                  |                  |   3.523          224
184W  225 |                  |                  |   3.547          225
184W  226 |                  |                  |   3.571 (1)      226  4.1 FS    17
184W  227 |                  |                  |   3.618          227
184W  228 |                  |                  |   3.633 1        228  4.7 FS    17
184W  229 |                  |                  |   3.635          229
184W  230 |                  |                  |   3.649          230
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184W  231 |                  |                  |   3.654          231
184W  232 |                  |                  |   3.670          232
184W  233 |                  |                  |   3.682 (1)      233  8 FS       5
184W  234 |                  |                  |   3.684          234
184W  235 |                  |                  |   3.686          235
184W  236 |                  |                  |   3.703          236
184W  237 |                  |                  |   3.707          237
184W  238 |                  |                  |   3.715          238
184W  239 |                  |                  |   3.716          239
184W  240 |                  |                  |   3.744          240
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184W  241 |                  |                  |   3.771          241
184W  242 |                  |                  |   3.782          242
184W  243 |                  |                  |   3.807          243
184W  244 |                  |                  |   3.863 (14-,15,1244  188 NS    38
184W  245 |                  |                  |   3.883          245
184W  246 |                  |                  |   3.930          246
184W  247 |                  |                  |   3.962          247
184W  248 |                  |                  |   3.972          248
184W  249 |                  |                  |   4.062          249
184W  250 |  4.117     16+   |                  |                  250  0.125 PS  +32-13
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184W  251 |                  |                  |   4.279          251
184W  252 |                  |                  |   6.543          252
184W  253 |                  |                  |   6.556          253
184W  254 |                  |                  |   6.581          254
184W  255 |                  |                  |   6.623          255
184W  256 |  6.760     1+    |                  |                  256
S-p    =   7.701 ( 0.002) ------------------------------------------------------------
S-n    =   7.411 ( 0.001) ------------------------------------------------------------
184W  257 |                  |                  |  11.900          257  2.90 MEV  17
S-2p   =  14.234 ( 0.006) ------------------------------------------------------------
S-2n   =  13.602 ( 0.001) ------------------------------------------------------------
184W  258 |                  |                  |  14.800          258  4.70 MEV  22
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S-p    =   7.701 ( 0.002) ------------------------------------------------------------
S-n    =   7.411 ( 0.001) ------------------------------------------------------------
S-2p   =  14.234 ( 0.006) ------------------------------------------------------------
S-2n   =  13.602 ( 0.001) ------------------------------------------------------------
S-alpha=  -1.649 ( 0.002) ------------------------------------------------------------

S+p       =  -5.403 ( 0.001)
S+n       =  -5.754 ( 0.001)
S+2p      = -11.873 ( 0.001)
S+2n      = -12.946 ( 0.001)
S+alpha   =   2.143 ( 0.001)

gap p     =   2.298 ( 0.002)
gap n     =   1.657 ( 0.001)
gap 2p    =   2.361 ( 0.006)
gap 2n    =   0.656 ( 0.002)
gap alpha =   0.494 ( 0.002)
```