

^{186}W $Z = 74$ $N = 112$ [link to full NNDC output](#)

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

BE = 1485.880 (0.001) MeV

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

S-alpha=	-1.116	(0.006)	-----		
186W 1	0.000	0+			1 STABLE
186W 2	0.123	2+			2 1.036 NS 10
186W 3	0.397	4+			3 36.4 PS 25
186W 4	0.738	2+			4 4.78 PS 16
186W 5	0.809	6+			5 4.0 PS 3
186W 6	0.862	3+			6
186W 7				0.884 (0+)	7
186W 8				0.953 (2)-	8 0.193 NS 15
186W 9	1.007	4+			9
186W 10				1.015 (2+,3,4+)	10

186W 11	1.030	2+			11
186W 12			1.045 3-		12
186W 13				1.150 (0+)	13
186W 14				1.172 (4-)	14
186W 15				1.197 5(+)	15
186W 16				1.279 (1,2,3)	16
186W 17	1.285	2+			17 4.0 PS 4
186W 18	1.299	4+			18
186W 19				1.322 (5-)	19
186W 20				1.322 (2+)	20

186W 21	1.349	8+			21 1.10 PS 8
186W 22				1.398 6(+)	22
186W 23				1.453	23
186W 24				1.458 LE 4	24
186W 25				1.463 (2+,3+)	25 0.1 NS LT
186W 26				1.464 (2-,3-,4-)	26
186W 27				1.517 (7-)	27 18 US 1
186W 28				1.521 (4+)	28
186W 29				1.532 2(+),3(+)	29
186W 30				1.563 1	30

186W 31				1.607 (2+,3)	31
186W 32				1.608 (2+,3,4+)	32
186W 33				1.628 (5-)	33
186W 34				1.628 (2+,3,4+)	34
186W 35				1.642 (4)	35
186W 36				1.661 (2-,3-)	36 4.92 NS 10
186W 37				1.678	37

186W	38						1.710	3		38
186W	39						1.722			39
186W	40						1.737	(8-)		40

186W	41						1.829	(2+,3,4+)		41
186W	42						1.908	(8+)		42
186W	43						1.993			43
186W	44		2.002	10+						44 0.50 PS +15-5
186W	45						2.059			45
186W	46						2.116			46
186W	47						2.118	(9-)		47
186W	48						2.167			48
186W	49						2.270	(2+,3)		49
186W	50						2.286	(10-)		50

186W	51						2.339			51
186W	52						2.378			52
186W	53						2.516	(10+)		53
186W	54						2.523	(11-)		54
186W	55						2.557	1		55
186W	56						2.588			56
186W	57						2.673	(11+)		57
186W	58						2.751	(12+)		58 0.202 PS +60-21
186W	59						2.838	(12-)		59
186W	60						2.864	1		60

186W	61						3.036	1		61
186W	62						3.056	(1)		62
186W	63						3.068	(1)		63
186W	64						3.144	(13+)		64
186W	65						3.172	1		65
186W	66						3.193	(12+)		66
186W	67						3.318	1		67
186W	68						3.363	(14+)		68
186W	69						3.364	1		69
186W	70						3.379	1		70

186W	71						3.394	1		71
186W	72						3.428	1		72
186W	73						3.477	1		73
186W	74						3.534	(14+)		74
186W	75						3.543	(16+)		75 3 MS GT
186W	76						3.562	(14+)		76 0.185 PS 20
186W	77				6.417	1-				77 0.0075 EV 9

S-p = 8.403 (0.014)-----
S-n = 7.192 (0.001)-----
S-2p = 15.587 (0.040)-----
S-2n = 12.946 (0.001)-----

S-alpha= -1.116 (0.006)-----

S+p = -5.997 (0.002)

S+n = -5.467 (0.002)

S+2p = -13.207 (0.002)

S+2n = -12.302 (0.003)

S+alpha = 1.376 (0.001)

gap p = 2.406 (0.014)

gap n = 1.725 (0.002)

gap 2p = 2.380 (0.040)

gap 2n = 0.644 (0.004)

gap alpha = 0.259 (0.006)