

$^{186}\text{W}$        $Z = 74$        $N = 112$       adopted link      ENSDF link

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

BE      =      1485.880 ( 0.001) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-1.116	( 0.006)	-----		
186W	1   0.000	0+			1 STABLE
186W	2   0.123	2+			2 1.040 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
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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
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186W	21   1.349	8+			21 1.08 PS 7
186W	22   1.398	6+			22
186W	23			1.453	23
186W	24			1.458	24
186W	25			1.463 (2+,3+)	25 0.1 NS LT
186W	26			1.464 (2-,3-,4-)	26
186W	27			1.515 (6)-	27
186W	28			1.517 (7-)	28 18 US 1
186W	29			1.521 (4+)	29
186W	30			1.532 2(+),3(+)	30
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186W	31			1.563 1	31
186W	32			1.608 (2+,3,4+)	32
186W	33			1.608 (2+,3)	33
186W	34			1.628 (3-,5-)	34
186W	35			1.628 (2+,3,4+)	35
186W	36			1.642 (3,4)	36
186W	37   1.653	7+			37

186W	38				1.661	(2-,3-)	38	4.92 NS	10
186W	39	1.672	6+				39		
186W	40				1.678		40		
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186W	41				1.710	3	41		
186W	42				1.714	(7-)	42		
186W	43				1.722		43		
186W	44				1.737	(8-)	44		
186W	45				1.829	(2+,3,4+)	45		
186W	46	1.904	8+				46		
186W	47				1.979	(8)-	47		
186W	48				1.993		48		
186W	49	2.002	10+				49	0.49 PS	+14-5
186W	50				2.059		50		
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186W	51				2.116		51		
186W	52				2.118	(9-)	52		
186W	53	2.143	8+				53		
186W	54				2.167		54		
186W	55				2.212	(9-)	55		
186W	56	2.220	9+				56		
186W	57				2.270		57		
186W	58				2.286	(10-)	58		
186W	59				2.339		59		
186W	60				2.378		60		
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186W	61	2.511	10+				61		
186W	62				2.523	(11-)	62		
186W	63				2.556	(10)-	63		
186W	64				2.557	1	64		
186W	65				2.588		65		
186W	66				2.673		66		
186W	67	2.707	10+				67		
186W	68				2.750	(12+)	68	0.20 PS	+6-2
186W	69				2.806	(11-)	69		
186W	70				2.838	(12-)	70		
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186W	71				2.864	1	71		
186W	72	2.887	11+				72		
186W	73				3.036	1	73		
186W	74				3.056	(1)	74		
186W	75				3.068	(1)	75		
186W	76				3.144		76		
186W	77				3.172	1	77		
186W	78	3.188	12+				78		
186W	79				3.238	(12)-	79		
186W	80				3.318	1	80		
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186W	81				3.363		81		
186W	82				3.364	1	82		

186W	83		3.371	12+													83
186W	84							3.379	1								84
186W	85							3.394	1								85
186W	86							3.428	1								86
186W	87							3.477	1								87
186W	88							3.483	(13-)								88
186W	89							3.534									89
186W	90							3.543	(16+)								90
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186W	91							3.562	(14+)								91
186W	92		3.913	14+													92
186W	93					6.417		1-									93

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 (0.001)  
S+n = -5.467 (0.002)  
S+2p = -13.207 (0.001)  
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 = 0.260 (0.006)