

^{189}W $Z = 74$ $N = 115$ adopted link ENSDF link

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

BE = 1503.306 (-0.189) MeV

Qbeta- = 2.259 (0.189) MeV

| | Energy T | J+ | J- | J-other | T1/2 |
|------------------|----------|----------|----------|---------|------------|
| ----- | | | | | |
| S-alpha= | -0.174 | (-0.200) | | | |
| ^{189}W | 1 | | | 0.000 | 1 11.6 M 2 |
| ----- | | | | | |
| S-p | = | 9.082 | (-0.267) | | |
| S-n | = | 5.124 | (-0.189) | | |
| S-2p | = | 17.217 | (-0.266) | | |
| S-2n | = | 11.959 | (-0.189) | | |
| S-alpha= | = | -0.174 | (-0.200) | | |
| ----- | | | | | |
| S+p | = | -7.151 | (-0.189) | | |
| S+n | = | -6.719 | (-0.192) | | |
| S+2p | = | -15.253 | (-0.189) | | |
| S+2n | = | -11.598 | (-0.194) | | |
| S+alpha | = | -0.099 | (-0.189) | | |
| ----- | | | | | |
| gap p | = | 1.931 | (0.327) | | |
| gap n | = | -1.595 | (0.270) | | |
| gap 2p | = | 1.964 | (0.326) | | |
| gap 2n | = | 0.361 | (0.271) | | |
| gap alpha | = | -0.273 | (0.275) | | |