

^{190}W $Z = 74$ $N = 116$ adopted link ENSDF link

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

BE = 1510.026 (0.035) MeV

Qbeta- = 1.214 (0.036) MeV

	Energy T	J+	J-	J-other	T1/2
190W 1	0.000	0+			1 30.0 M 15
190W 2				0.207 (2+)	2
S-alpha=	0.369 (0.062)				
190W 3				0.454 (2+)	3
190W 4				0.565 (4+)	4
190W 5				1.049 (6+)	5
190W 6				1.642 (8+)	6
190W 7				1.744 (8+)	7 111 NS 17
190W 8				1.841 (10-)	8 166 US 6
190W 9				2.068 (9+)	9
190W 10				2.318 (10+)	10
190W 11				2.424 (10+)	11
190W 12				2.655 (12+)	12

S-p = 9.744 (0.192)-----
 S-n = 6.719 (0.192)-----
 S-2p = 18.057 (0.378)-----
 S-2n = 11.844 (0.036)-----
 S-alpha= 0.369 (0.062)-----

S+p = -7.271 (0.037)
 S+n = -4.879 (0.055)
 S+2p = -16.091 (0.035)
 S+2n = -11.382 (0.195)
 S+alpha = -0.491 (0.035)

gap p = 2.473 (0.196)
 gap n = 1.841 (0.200)
 gap 2p = 1.966 (0.379)
 gap 2n = 0.461 (0.198)
 gap alpha = -0.122 (0.072)