

^{190}W $Z = 74$ $N = 116$ [link to full NNDC output](#)

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

BE = 1510.039 (0.040) MeV

Qbeta- = 1.254 (0.081) 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=	0.383 (0.065)				
190W 3				0.564 (4+)	3
190W 4				1.049 (6+)	4
190W 5				1.640 (8+)	5
190W 6				2.335 (10+)	6
190W 7				2.381 (10-)	7 3.1 MS LE

S-p = 0.000 (0.000)-----

S-n = 6.836 (0.056)-----

S-2p = 0.000 (0.000)-----

S-2n = 11.857 (0.040)-----

S-alpha= 0.383 (0.065)-----

S+p = -7.257 (0.041)

S+n = -4.865 (0.058)

S+2p = -16.078 (0.040)

S+2n = 0.000 (0.000)

S+alpha = -0.478 (0.040)

gap p = 0.000 (0.000)

gap n = 1.971 (0.081)

gap 2p = 0.000 (0.000)

gap 2n = 0.000 (0.000)

gap alpha = -0.095 (0.076)