

$^{196}\text{W}$        $Z = 74$        $N = 122$       [link to full NNDC output](#)

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

BE      =      0.000 ( 0.000) MeV

	Energy	T	J+	J-	J-other	T1/2
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196W	1	0.000	0+			1 160 NS GT