

$^{164}\text{Re}$        $Z = 75$        $N = 89$       adopted link      ENSDF link

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

BE = 1292.493 ( 0.055) MeV

Qbeta+ = 10.763 ( 0.055) MeV

	Energy T	J+	J-	J-other	T1/2
S-alpha=	-5.926	( 0.077)			
S-p =	-0.147	( 0.080)			
164RE	1			0.000	1 0.70 S 16

S-p = -0.147 ( 0.080)-----

S-n = 9.542 ( 0.058)-----

S-2p = 2.269 ( 0.084)-----

S-2n = 21.117 ( 0.171)-----

S-alpha= -5.926 ( 0.077)-----

S+p = -1.602 ( 0.174)

S+n = -11.258 ( 0.059)

S+2p = -0.481 ( 0.175)

S+2n = -20.507 ( 0.104)

S+alpha = 6.381 ( 0.078)

gap p = -1.749 ( 0.191)

gap n = -1.717 ( 0.083)

gap 2p = 1.788 ( 0.194)

gap 2n = 0.609 ( 0.200)

gap alpha = 0.455 ( 0.109)