

^{176}Re $Z = 75$ $N = 101$ adopted link ENSDF link

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

BE = 1406.939 (0.028) MeV

Qbeta+ = 5.579 (0.040) MeV

| | Energy T | J+ | J- | J-other | T1/2 |
|-----------|--------------------|----|----|------------|-----------|
| ----- | | | | | |
| S-alpha= | -3.842 (0.040) | | | | |
| 176RE | 1 | | | 0.000 (3+) | 1 5.3 M 3 |
| ----- | | | | | |
| S-p | = 2.719 (0.040) | | | | |
| S-n | = 7.846 (0.040) | | | | |
| S-2p | = 7.900 (0.040) | | | | |
| S-2n | = 17.532 (0.040) | | | | |
| S-alpha= | -3.842 (0.040) | | | | |
| ----- | | | | | |
| S+p | = -4.182 (0.032) | | | | |
| S+n | = -9.278 (0.040) | | | | |
| S+2p | = -5.769 (0.034) | | | | |
| S+2n | = -16.733 (0.040) | | | | |
| S+alpha | = 4.660 (0.035) | | | | |
| ----- | | | | | |
| gap p | = -1.463 (0.051) | | | | |
| gap n | = -1.432 (0.056) | | | | |
| gap 2p | = 2.131 (0.052) | | | | |
| gap 2n | = 0.799 (0.056) | | | | |
| gap alpha | = 0.818 (0.053) | | | | |