^{186}Re $Z = 75$ $N = 111$ adopted link ENSDF link

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

BE = 1484.516 (0.001) MeV
Qbeta- = 1.073 (0.001) MeV
Qbeta+ = 0.581 (0.001) MeV

	Energy	T	J+		J-		J-other		T1/2	
S-alpha= -2.078 (0.002)										
186RE 1					0.000	1-			1	3.7185 D 5
186RE 2					0.059	2-			2	
186RE 3					0.099	3-			3	25.5 NS 25
186RE 4					0.146	3-			4	
186RE 5							0.148	(8+)	5	2.0E+5 Y
186RE 6					0.174	4-			6	
186RE 7							0.180	(6-)	7	
186RE 8					0.211	2-			8	0.2 NS LT
186RE 9					0.269	4-			9	
186RE 10					0.274	4-			10	
186RE 11							0.314	(3+)	11	24.1 NS 11
186RE 12							0.316	(1-)	12	0.20 NS 10
186RE 13					0.318	5-			13	
186RE 14					0.322	3-			14	
186RE 15	0.324		5+						15	17.3 NS 6
186RE 16							0.342		16	
186RE 17							0.351	(4)+	17	0.2 NS LT
186RE 18							0.378	(2-)	18	
186RE 19							0.415	(9+)	19	
186RE 20					0.418	5-			20	
186RE 21							0.421	(4+)	21	
186RE 22							0.426	(4+)	22	
186RE 23					0.463	5-			23	
186RE 24	0.465		6+						24	
186RE 25					0.470	4-			25	
186RE 26							0.471	(3-)	26	
186RE 27							0.497	(6-)	27	
186RE 28							0.501	(5)+	28	
186RE 29							0.534	(4-)	29	
186RE 30							0.549	(5+)	30	
186RE 31							0.556	(6+)	31	
186RE 32							0.560	(5+)	32	
186RE 33							0.578	(2-)	33	
186RE 34							0.589	(4-)	34	
186RE 35							0.595	(6-)	35	

186RE 36			0.602	(1+)	36
186RE 37			0.607		37
186RE 38			0.610		38
186RE 39			0.624	(1-)	39
186RE 40		0.646 5-			40
186RE 41			0.652	(7+)	41
186RE 42			0.658	(2+)	42
186RE 43			0.661	(1-)	43
186RE 44			0.665	(6)+	44
186RE 45			0.680	(2-)	45
186RE 46			0.686	(3-)	46
186RE 47			0.689	(1-)	47
186RE 48			0.691	(6-)	48
186RE 49			0.705	(6+)	49
186RE 50			0.705	(10+)	50
186RE 51			0.710	(7-)	51
186RE 52			0.723	(5-)	52
186RE 53			0.728		53
186RE 54			0.736	(5-)	54
186RE 55			0.745	(3+)	55
186RE 56			0.753	(2-,3-)	56
186RE 57			0.761	(1-,2-,3-)	57
186RE 58			0.774	(7+)	58
186RE 59			0.775	(7-)	59
186RE 60			0.786	(1-,2-,3-)	60
186RE 61			0.791	(1-,2-,3-)	61
186RE 62			0.796	(10+)	62
186RE 63			0.796	(LE 3-)	63
186RE 64			0.803		64
186RE 65			0.814	(1-,2-)	65
186RE 66			0.819	(2-,3-)	66
186RE 67			0.821	(0+)	67
186RE 68			0.826	(4-)	68
186RE 69			0.855	(4+)	69
186RE 70			0.856	(2-,3-)	70
186RE 71			0.860	(6-)	71
186RE 72			0.864	(2-,3-)	72
186RE 73			0.869	(8+)	73
186RE 74			0.871	(2-,3-,4-)	74
186RE 75			0.879	(2-,3-)	75
186RE 76			0.889	(4-)	76
186RE 77			0.890	(1-,2-,3-)	77
186RE 78			0.895	(2-,3-,4-)	78
186RE 79			0.902	(2-,3-)	79
186RE 80			0.910	(2+)	80

186RE 81			0.912	(6-)	81
186RE 82			0.914	(2-,3-)	82
186RE 83			0.924	(2-,3-)	83
186RE 84			0.930	(-)	84
186RE 85			0.935	(2-,3-)	85
186RE 86			0.937	(1-)	86
186RE 87			0.944	(2-,3-)	87
186RE 88			0.953	(8-)	88
186RE 89			0.955	(2-,3-,4-)	89
186RE 90			0.965	(1+)	90
186RE 91			0.974	(2-,3-,4-)	91
186RE 92			0.982	(2-,3-,4-)	92
186RE 93			0.989	(2-,3-)	93
186RE 94			0.997	(5-)	94
186RE 95			0.998	(5+)	95
186RE 96			0.999	(2-,3-,4-)	96
186RE 97			1.003	(3-,4-,5-)	97
186RE 98			1.004	(2-,3-)	98
186RE 99			1.004	(2-,3-,4-)	99
186RE 100			1.008		100
186RE 101			1.014	(2-,3-,4-)	101
186RE 102			1.018	(1-,2-,3-)	102
186RE 103			1.018	(11+)	103
186RE 104			1.020	(1-,2-,3-)	104
186RE 105			1.027		105
186RE 106			1.040	(2-,3-,4-)	106
186RE 107			1.043	(1-)	107
186RE 108			1.047	(2-,3-,4-)	108
186RE 109			1.051		109
186RE 110			1.054	(1-,2-,3-)	110
186RE 111			1.058	(2-,3-)	111
186RE 112			1.069	(2-,3-)	112
186RE 113			1.071	(2-,3-)	113
186RE 114			1.097	(4-)	114
186RE 115			1.101	(2-,3-)	115
186RE 116			1.115	(9+)	116
186RE 117			1.120	(11+)	117
186RE 118			1.122	(2-,3-)	118
186RE 119			1.132	(2-,3-,4-)	119
186RE 120			1.138	(11+)	120
186RE 121			1.141	(2-,3-)	121
186RE 122			1.151	(4-)	122
186RE 123			1.158	(2-,3-,4-)	123
186RE 124			1.163	(1-)	124
186RE 125			1.172	(2-,3-,4-)	125
186RE 126			1.185	(2-,3-)	126

186RE 127			1.194	(2-,3-,4-)	127
186RE 128			1.198	(2-,3-)	128
186RE 129			1.212	(2+,3+,4+)	129
186RE 130			1.219	(1-)	130
186RE 131			1.226	(1-,2-,3-)	131
186RE 132			1.228	(2-,3-,4-)	132
186RE 133			1.230		133
186RE 134			1.231	(2-,3-)	134
186RE 135			1.240	(2-,3-,4-)	135
186RE 136			1.243	(2-,3-)	136
186RE 137			1.248	(-)	137
186RE 138			1.261	(1-)	138
186RE 139			1.266		139
186RE 140			1.272	(2-,3-,4-)	140
186RE 141			1.275	(1-,2-,3-)	141
186RE 142			1.286	(2-,3-)	142
186RE 143			1.291		143
186RE 144			1.298	(1-,2-,3-)	144
186RE 145			1.306	(2-,3-,4-)	145
186RE 146			1.317	(2-,3-,4-)	146
186RE 147			1.322	(2-,3-)	147
186RE 148			1.327		148
186RE 149			1.342	(2+,3+,4+)	149
186RE 150			1.349		150
186RE 151			1.351	(4-)	151
186RE 152			1.353	(12+)	152
186RE 153			1.355	(2-,3-)	153
186RE 154			1.360	(2-,3-,4-)	154
186RE 155			1.369		155
186RE 156			1.376	(1-,2-,3-)	156
186RE 157			1.385	(2-,3-)	157
186RE 158			1.386	(10+)	158
186RE 159			1.390		159
186RE 160			1.393	(2-,3-)	160
186RE 161			1.399	(1-,2-,3-)	161
186RE 162			1.403	(1-)	162
186RE 163			1.405	(2-,3-,4-)	163
186RE 164			1.419	(2-,3-)	164
186RE 165			1.422		165
186RE 166			1.424	(2-,3-)	166
186RE 167			1.431	(4-)	167
186RE 168			1.434		168
186RE 169			1.438	(2-,3-,4-)	169
186RE 170			1.450	(1-,2-,3-)	170
186RE 171			1.457	(2-,3-)	171

186RE 172			1.462	(2-,3-)	172
186RE 173			1.473		173
186RE 174			1.476	(2-,3-,4-)	174
186RE 175			1.487	(2-,3-,4-)	175
186RE 176			1.513		176
186RE 177			1.520		177
186RE 178			1.525	(4-)	178
186RE 179			1.529	(2-,3-)	179
186RE 180			1.539	(1-,2-,3-)	180
186RE 181			1.545	(2-,3-,4-)	181
186RE 182			1.551	(1-,2-,3-)	182
186RE 183			1.566	(2-,3-,4-)	183
186RE 184			1.572	(1-,2-,3-)	184
186RE 185			1.576	(2-,3-,4-)	185
186RE 186			1.587	(2-,3-)	186
186RE 187			1.602	(2-,3-,4-)	187
186RE 188			1.607	(2-,3-,4-)	188
186RE 189			1.614		189
186RE 190			1.628	(2-,3-,4-)	190
186RE 191			1.634		191
186RE 192			1.637	(2-,3-,4-)	192
186RE 193			1.644	(1-,2-,3-)	193
186RE 194			1.647	(2-,3-,4-)	194
186RE 195			1.659	(2-,3-,4-)	195
186RE 196			1.668	(2-,3-,4-)	196
186RE 197			1.672	(1-,2-,3-)	197
186RE 198			1.684	(2-,3-,4-)	198
186RE 199			1.695	(2-,3-)	199
186RE 200			1.708		200
186RE 201			1.711	(2-,3-)	201
186RE 202			1.719	(2-,3-,4-)	202
186RE 203			1.742		203
186RE 204			1.743	(2-,3-,4-)	204
186RE 205			1.758	(2-,3-)	205
186RE 206			1.768		206
186RE 207			1.776		207
186RE 208			1.794	(2-,3-,4-)	208
186RE 209			1.818	(2-,3-,4-)	209
186RE 210			1.828	(2-,3-,4-)	210
186RE 211			1.839	(1-,2-,3-)	211
186RE 212			1.846	(2-,3-)	212
186RE 213			1.881	(2-,3-,4-)	213
186RE 214			1.906	(2-,3-,4-)	214
186RE 215			1.965	(2-,3-,4-)	215
186RE 216			1.985	(2-,3-,4-)	216
186RE 217			2.004	(2-,3-,4-)	217

186RE 218			2.055	(2-,3-,4-)	218
186RE 219			2.063	(2-,3-,4-)	219
186RE 220			2.083	(2-,3-,4-)	220
186RE 221			2.106	(2-,3-,4-)	221
186RE 222			2.141	(2-,3-,4-)	222
186RE 223			2.203	(2-,3-,4-)	223
186RE 224			2.219	(2-,3-,4-)	224
186RE 225			2.245	(2-,3-,4-)	225
186RE 226			2.261	(2-,3-,4-)	226
186RE 227			2.320	(2-,3-,4-)	227
186RE 228			2.359	(2+,3+,4+)	228

S-p = 5.828 (0.001)
S-n = 6.180 (0.001)
S-2p = 13.666 (0.026)
S-2n = 13.850 (0.004)
S-alpha= -2.078 (0.002)

S+p = -6.581 (0.001)
S+n = -7.360 (0.001)
S+2p = -10.995 (0.009)
S+2n = -13.232 (0.001)
S+alpha = 2.749 (0.002)

gap p = -0.752 (0.002)
gap n = -1.181 (0.002)
gap 2p = 2.670 (0.028)
gap 2n = 0.618 (0.004)
gap alpha = 0.670 (0.002)