

$^{190}\text{Re}$        $Z = 75$        $N = 115$       adopted link      ENSDF link

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

BE = 1510.457 ( 0.005) MeV

Qbeta- = 3.125 ( 0.005) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-0.600	( 0.060)	-----		
190RE 1				0.000 (2)-	1 3.0 M 2
190RE 2				0.119 (3)-	2
190RE 3				0.162 (0+)	3
190RE 4				0.204 (6-)	4 3.1 H 2
190RE 5	0.320	1+			5

S-p = 7.151 ( 0.189)-----

S-n = 5.675 ( 0.010)-----

S-2p = 16.233 ( 0.188)-----

S-2n = 12.709 ( 0.005)-----

S-alpha= -0.600 ( 0.060)-----

S+p = -8.101 ( 0.005)

S+n = -6.839 ( 0.011)

S+2p = -13.831 ( 0.005)

S+2n = -12.148 ( 0.071)

S+alpha = 0.626 ( 0.005)

gap p = -0.950 ( 0.189)

gap n = -1.164 ( 0.015)

gap 2p = 2.403 ( 0.188)

gap 2n = 0.560 ( 0.071)

gap alpha = 0.027 ( 0.060)