

^{162}Os $Z = 76$ $N = 86$ [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
1620S	1		0.000	0+		1
1620S	2				0.707 (2+)	2
1620S	3				1.406 (4+)	3
1620S	4				1.991 (6+)	4
1620S	5				2.190 (8+)	5