

^{164}Os $Z = 76$ $N = 88$ adopted link ENSDF link

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

BE = 1284.662 (0.150) MeV

Qbeta+ = 7.048 (0.160) MeV

	Energy T	J+	J-	J-other	T1/2

S-alpha=	-6.479	(0.212)	-----		
1640S	1 0.000	0+			1 21 MS 1
1640S	2			0.548 (2+)	2
S-2p	= 1.003	(0.151)	-----		
1640S	3			1.206 (4+)	3
S-p	= 1.711	(0.151)	-----		
1640S	4			1.890 (6+)	4
1640S	5			2.282 (8+)	5
1640S	6			2.839 (10+)	6

S-p	= 1.711	(0.151)	-----		
S-n	= 12.121	(0.359)	-----		
S-2p	= 1.003	(0.151)	-----		
S-2n	= 22.034	(0.357)	-----		
S-alpha=	-6.479	(0.212)	-----		

S+p = 1.622 (0.223)
 S+n = -9.432 (0.223)
 S+2p = 0.984 (0.364)
 S+2n = -21.149 (0.151)
 S+alpha = 6.990 (0.212)

gap p = 3.334 (0.269)
 gap n = 2.689 (0.422)
 gap 2p = 1.988 (0.394)
 gap 2n = 0.885 (0.388)
 gap alpha = 0.510 (0.300)