

^{164}Os $Z = 76$ $N = 88$ [link to full NNDC output](#)

Based on ENSDF from Dec 2018, and mass evaluation from 2016

BE = 1284.660 (0.150) MeV

Qbeta+ = 7.050 (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 = | 1.001 (0.151) | | | | |
| 1640S 3 | | | | 1.206 (4+) | 3 |
| S-p = | 1.709 (0.151) | | | | |
| 1640S 4 | | | | 1.890 (6+) | 4 |
| 1640S 5 | | | | 2.282 (8+) | 5 |
| 1640S 6 | | | | 2.839 (10+) | 6 |

S-p = 1.709 (0.151)-----
 S-n = 0.000 (0.000)-----
 S-2p = 1.001 (0.151)-----
 S-2n = 0.000 (0.000)-----
 S-alpha= -6.479 (0.212)-----

S+p = 0.000 (0.000)
 S+n = 0.000 (0.000)
 S+2p = 0.000 (0.000)
 S+2n = -21.152 (0.151)
 S+alpha = 6.990 (0.212)

gap p = 0.000 (0.000)
 gap n = 0.000 (0.000)
 gap 2p = 0.000 (0.000)
 gap 2n = 0.000 (0.000)
 gap alpha = 0.510 (0.300)