

$^{174}\text{Os}$        $Z = 76$        $N = 98$       [link to full NNDC output](#)

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

BE = 1384.946 ( 0.010) MeV

Qbeta+ = 3.678 ( 0.030) MeV

	Energy T	J+	J-	J-other	T1/2
-----					
S-alpha=	-4.871 ( 0.017)-----				
1740S 1	0.000	0+			1 44 S 4
1740S 2	0.159	2+			2 0.35 NS 4
1740S 3	0.435	4+			3 18.2 PS 8
1740S 4	0.545	0+			4
1740S 5	0.691	2+			5
1740S 6	0.778	6+			6 5.8 PS 6
1740S 7	0.846	2+			7
1740S 8	0.989	4+			8
1740S 9	1.054	3+			9
1740S 10	1.172	8+			10 2.7 PS 6
-----					
1740S 11				1.240	11
1740S 12	1.254	4+			12
1740S 13				1.418	13
1740S 14				1.420 (3-)	14
1740S 15	1.425	6+			15
1740S 16	1.453	5+			16
1740S 17			1.550 4-		17 35 PS 21
1740S 18				1.596 5(-)	18 35 PS 21
1740S 19	1.617	10+			19 2.1 PS 2
1740S 20				1.790 6(-)	20 8 PS 4
-----					
1740S 21				1.861 7(-)	21 7.8 PS 16
1740S 22			2.103 8-		22 9.7 PS 18
1740S 23	2.114	12+			23 0.97 PS 14
1740S 24				2.149	24
1740S 25			2.206 9-		25 5.3 PS 8
1740S 26				2.272	26
1740S 27				2.410 (9)	27
1740S 28				2.477 10(-)	28 3.9 PS 7
1740S 29			2.614 11-		29 2.4 PS 3
1740S 30				2.622	30
-----					
1740S 31	2.656	14+			31 0.49 PS 14
1740S 32				2.707	32
1740S 33				2.750 (11)	33
1740S 34				2.906	34
1740S 35			2.907 12-		35 3.4 PS 6
1740S 36			3.074 13-		36 1.3 PS 2

1740S	37						3.163	(13)		37
1740S	38		3.240	16+						38 0.42 PS 7
1740S	39					3.389	14-			39 1.9 PS 3
1740S	40					3.578	15-			40 0.35 PS 21
-----										
1740S	41						3.664	(15)		41
S-p	=		3.731	( 0.030)	-----					
1740S	42		3.862	18+						42 0.14 PS 7
1740S	43						3.925	16(-)		43 0.8 PS 6
1740S	44					4.115	17-			44 0.25 PS 15
1740S	45						4.226	(17)		45
1740S	46					4.506	18-			46
1740S	47		4.525	20+						47 0.28 PS 14
1740S	48					4.677	19-			48 0.76 PS 21
1740S	49						4.825	(19)		49
1740S	50					5.112	20-			50
-----										
1740S	51		5.233	22+						51
1740S	52					5.262	21-			52 0.62 PS 17
1740S	53						5.430	(21)		53
S-2p	=		5.476	( 0.030)	-----					
1740S	54					5.741	22-			54
1740S	55					5.870	23-			55
1740S	56		5.987	24+						56
1740S	57						6.061	(23)		57
1740S	58					6.428	24-			58
1740S	59					6.512	25-			59
1740S	60						6.761	(25)		60
-----										
1740S	61		6.786	26+						61
1740S	62					7.190	26-			62
1740S	63					7.199	27-			63
1740S	64		7.628	28+						64
1740S	65					7.943	29-			65
1740S	66					8.019	28-			66
1740S	67		8.512	30+						67
1740S	68					8.750	31-			68
1740S	69		9.430	32+						69
1740S	70					9.618	33-			70
-----										
1740S	71						10.545	(35-)		71
-----										
S-p	=		3.731	( 0.030)	-----					
S-n	=		10.629	( 0.018)	-----					
S-2p	=		5.476	( 0.030)	-----					
S-2n	=		18.894	( 0.016)	-----					
S-alpha	=		-4.871	( 0.017)	-----					
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S+p	=		-0.688	( 0.016)	-----					

S+n = -8.181 ( 0.016)  
S+2p = -3.516 ( 0.016)  
S+2n = -18.245 ( 0.030)  
S+alpha = 5.573 ( 0.014)

gap p = 3.043 ( 0.034)  
gap n = 2.447 ( 0.024)  
gap 2p = 1.960 ( 0.034)  
gap 2n = 0.649 ( 0.034)  
gap alpha = 0.703 ( 0.022)