^{176}Os $Z = 76$ $N = 100$ link to full NNDC output

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

BE = 1403.192 (0.028) MeV
Qbeta+ = 2.965 (0.040) MeV

	Energy	T	J+	J-	J-other		T1/2
S-alpha= -4.574 (0.039)							
176OS 1	0.000		0+				1 3.6 M 5
176OS 2	0.135		2+				2
176OS 3	0.396		4+				3
176OS 4	0.601		0+				4
176OS 5	0.742		2+				5
176OS 6	0.743		6+				6
176OS 7	0.864		2+				7
176OS 8	1.026		4+				8
176OS 9	1.038		3+				9
176OS 10	1.158		8+				10
176OS 11	1.224		4+				11
176OS 12					1.350	(3)-	12
176OS 13	1.410		5+				13
176OS 14	1.432		6+				14
176OS 15					1.475	(4)-	15
176OS 16					1.517	(5)-	16
176OS 17	1.634		10+				17
176OS 18					1.708	(6-)	18
176OS 19					1.754	(7-)	19
176OS 20					1.930		20
176OS 21					1.979	(7)	21
176OS 22					2.021	(8-)	22
176OS 23					2.076	(9-)	23
176OS 24					2.103		24
176OS 25					2.139		25
176OS 26	2.168		12+				26
176OS 27					2.265	(9)	27
176OS 28					2.395	(10-)	28
176OS 29					2.474	(11-)	29
176OS 30					2.571	(12+)	30
176OS 31					2.622	(11)	31
176OS 32	2.755		14+				32
176OS 33					2.818	(12-)	33
176OS 34					2.938	(13-)	34
176OS 35					3.051	(13)	35
176OS 36					3.295	(14-)	36

```
176OS  37 |  3.382     16+  |                |                          37
176OS  38 |                 |                |   3.457     (15-)        38
176OS  39 |                 |                |   3.547     (15)         39
176OS  40 |                 |                |   3.567     (16+)        40
----------                                                            -----------------
176OS  41 |                 |                |   3.829     (16-)        41
176OS  42 |  4.019     18+  |                |                          42
176OS  43 |                 |                |   4.024     (17-)        43
S-p    =   4.099 ( 0.040)-------------------------------------------------------------------------
176OS  44 |                 |                |   4.100     (17)         44
176OS  45 |                 |                |   4.177     (18+)        45
176OS  46 |                 |                |   4.420     (18-)        46
176OS  47 |                 |                |   4.635     (19-)        47
176OS  48 |                 |                |   4.683     (20+)        48
176OS  49 |                 |                |   4.699     (19)         49
176OS  50 |                 |                |   5.043     (20-)        50
----------                                                            -----------------
176OS  51 |                 |                |   5.287     (21-)        51
176OS  52 |                 |                |   5.349     (21)         52
176OS  53 |                 |                |   5.399     (22+)        53
176OS  54 |                 |                |   5.976     (23-)        54
176OS  55 |                 |                |   6.057     (23)         55
176OS  56 |                 |                |   6.147     (24+)        56
S-2p   =   6.449 ( 0.040)-------------------------------------------------------------------------
176OS  57 |                 |                |   6.683     (25-)        57


S-p    =   4.099 ( 0.040)-------------------------------------------------------------------------
S-n    =  10.064 ( 0.030)-------------------------------------------------------------------------
S-2p   =   6.449 ( 0.040)-------------------------------------------------------------------------
S-2n   =  18.245 ( 0.030)-------------------------------------------------------------------------
S-alpha=  -4.574 ( 0.039)-------------------------------------------------------------------------

S+p       =  -1.238 ( 0.034)
S+n       =  -7.930 ( 0.032)
S+2p      =  -4.477 ( 0.030)
S+2n      = -17.589 ( 0.031)
S+alpha   =   5.237 ( 0.030)

gap p     =   2.860 ( 0.052)
gap n     =   2.134 ( 0.044)
gap 2p    =   1.972 ( 0.050)
gap 2n    =   0.656 ( 0.043)
gap alpha =   0.663 ( 0.050)
```