

$^{176}\text{Os}$        $Z = 76$        $N = 100$       adopted link      ENSDF link

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

BE = 1403.225 ( 0.011) MeV

Qbeta+ = 2.932 ( 0.030) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-4.541	( 0.030)	-----		
1760S 1	0.000	0+			1    3.6 M    5
1760S 2	0.135	2+			2
1760S 3	0.396	4+			3
1760S 4	0.601	0+			4
1760S 5	0.742	2+			5
1760S 6	0.743	6+			6
1760S 7	0.864	2+			7
1760S 8	1.026	4+			8
1760S 9	1.038	3+			9
1760S 10	1.158	8+			10
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1760S 11	1.224	4+			11
1760S 12				1.350 (3)-	12
1760S 13	1.410	5+			13
1760S 14	1.432	6+			14
1760S 15				1.475 (4)-	15
1760S 16				1.517 (5)-	16
1760S 17	1.634	10+			17
1760S 18				1.708 (6-)	18
1760S 19				1.754 (7-)	19
1760S 20				1.930	20
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1760S 21				1.979 (7)	21
1760S 22				2.021 (8-)	22
1760S 23				2.076 (9-)	23
1760S 24				2.103	24
1760S 25				2.139	25
1760S 26	2.168	12+			26
1760S 27				2.265 (9)	27
1760S 28				2.395 (10-)	28
1760S 29				2.474 (11-)	29
1760S 30				2.571 (12+)	30
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1760S 31				2.622 (11)	31
1760S 32	2.755	14+			32
1760S 33				2.818 (12-)	33
1760S 34				2.938 (13-)	34
1760S 35				3.051 (13)	35
1760S 36				3.295 (14-)	36

1760S	37		3.382	16+				37
1760S	38						3.457 (15-)	38
1760S	39						3.547 (15)	39
1760S	40						3.567 (16+)	40
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1760S	41						3.829 (16-)	41
1760S	42		4.019	18+				42
1760S	43						4.024 (17-)	43
1760S	44						4.100 (17)	44
S-p	=		4.132	( 0.030)	-----			
1760S	45						4.177 (18+)	45
1760S	46						4.420 (18-)	46
1760S	47						4.635 (19-)	47
1760S	48						4.683 (20+)	48
1760S	49						4.699 (19)	49
1760S	50						5.043 (20-)	50
-----								
1760S	51						5.287 (21-)	51
1760S	52						5.349 (21)	52
1760S	53						5.399 (22+)	53
1760S	54						5.976 (23-)	54
1760S	55						6.057 (23)	55
1760S	56						6.147 (24+)	56
S-2p	=		6.482	( 0.030)	-----			
1760S	57						6.683 (25-)	57
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S-p	=		4.132	( 0.030)	-----			
S-n	=		10.097	( 0.016)	-----			
S-2p	=		6.482	( 0.030)	-----			
S-2n	=		18.278	( 0.015)	-----			
S-alpha	=		-4.541	( 0.030)	-----			
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S+p	=		-1.205	( 0.023)				
S+n	=		-7.897	( 0.018)				
S+2p	=		-4.444	( 0.015)				
S+2n	=		-17.556	( 0.017)				
S+alpha	=		5.276	( 0.015)				
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gap p	=		2.926	( 0.038)				
gap n	=		2.200	( 0.024)				
gap 2p	=		2.038	( 0.034)				
gap 2n	=		0.723	( 0.023)				
gap alpha	=		0.735	( 0.033)				