

^{178}Os $Z = 76$ $N = 102$ adopted link ENSDF link

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

BE = 1420.781 (0.014) MeV

Qbeta+ = 2.109 (0.031) MeV

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

S-alpha=	-4.258	(0.031)	-----		
1780S 1	0.000	0+			1 5.0 M 4
1780S 2	0.132	2+			2 0.69 NS 5
1780S 3	0.399	4+			3
1780S 4	0.650	0+			4
1780S 5	0.762	6+			5
1780S 6	0.771	2+			6
1780S 7	0.864	2+			7
1780S 8	1.023	4+			8
1780S 9	1.032	3+			9
1780S 10				1.194 (8+)	10

1780S 11	1.213	4+			11
1780S 12				1.302 (3-)	12
1780S 13	1.396	6+			13
1780S 14				1.416 (5+,6+)	14
1780S 15				1.469 (4-)	15
1780S 16				1.539 (5-)	16
1780S 17				1.682 (10+)	17
1780S 18				1.707 (6-)	18
1780S 19				1.781 (7-)	19
1780S 20				2.018 (8-)	20

1780S 21				2.097 (7)	21
1780S 22				2.098 (9-)	22
1780S 23				2.220 (12+)	23
1780S 24				2.384 (10-)	24
1780S 25				2.465 (9)	25
1780S 26				2.489 (11-)	26
1780S 27				2.805 (14+)	27
1780S 28				2.817 (12-)	28
1780S 29				2.906 (11)	29
1780S 30				2.951 (13-)	30

1780S 31				3.315 (14-)	31
1780S 32				3.403 (13)	32
1780S 33				3.429 (16+)	33
1780S 34				3.474 (15-)	34
1780S 35				3.507 (16+)	35
1780S 36				3.873 (16-)	36

1780S	37				3.949	(15)	37
1780S	38				4.020	(18+)	38
1780S	39				4.040	(17-)	39
1780S	40				4.141	(18+)	40

1780S	41				4.483	(18-)	41
1780S	42				4.545	(17)	42
S-p	=	4.564	(0.031)	-----			
1780S	43				4.641	(19-)	43
1780S	44				4.663	(20+)	44
1780S	45				4.863	(20+)	45
1780S	46				5.130	(20-)	46
1780S	47				5.188	(19)	47
1780S	48				5.291	(21-)	48
1780S	49				5.382	(22+)	49
1780S	50				5.585	(22+)	50

1780S	51				5.877	(21)	51
1780S	52				6.155	(24+)	52
1780S	53				6.958	(26+)	53
S-2p	=	7.480	(0.031)	-----			
1780S	54				7.788	(28+)	54
1780S	55				8.652	(30+)	55
1780S	56				9.552	(32+)	56

S-p	=	4.564	(0.031)	-----			
S-n	=	9.659	(0.020)	-----			
S-2p	=	7.480	(0.031)	-----			
S-2n	=	17.556	(0.017)	-----			
S-alpha	=	-4.258	(0.031)	-----			

S+p	=	-1.827	(0.017)				
S+n	=	-7.547	(0.021)				
S+2p	=	-5.464	(0.017)				
S+2n	=	-16.954	(0.021)				
S+alpha	=	4.951	(0.019)				

gap p	=	2.738	(0.035)				
gap n	=	2.112	(0.029)				
gap 2p	=	2.017	(0.035)				
gap 2n	=	0.601	(0.027)				
gap alpha	=	0.693	(0.036)				