

^{179}Os $Z = 76$ $N = 103$ adopted link ENSDF link

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

BE = 1428.328 (0.016) MeV

Qbeta+ = 3.564 (0.029) MeV

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

S-alpha=	-4.188	(0.032)	-----		
1790S 1			0.000	1/2-	1 6.5 M 3
1790S 2			0.086	3/2-	2
1790S 3			0.100	5/2-	3
1790S 4				0.115 (5/2-)	4
1790S 5				0.145 (7/2-)	5 0.50 US
1790S 6				0.196 (5/2-)	6
1790S 7				0.211 (7/2-)	7
1790S 8				0.243 (9/2+)	8 0.783 US 14
1790S 9				0.273 (9/2-)	9
1790S 10				0.287 (11/2+)	10

1790S 11			0.296	7/2-	11
1790S 12			0.320	9/2-	12
1790S 13				0.337 (9/2-)	13
1790S 14				0.345 (13/2+)	14
1790S 15				0.424 (11/2-)	15
1790S 16				0.437 (9/2-)	16
1790S 17				0.487 (11/2-)	17
1790S 18				0.500 (15/2+)	18
1790S 19				0.590 (17/2+)	19
1790S 20				0.594 (13/2-)	20

1790S 21			0.607	11/2-	21
1790S 22			0.641	13/2-	22
1790S 23				0.663 (13/2-)	23
1790S 24				0.781 (15/2-)	24
1790S 25				0.788 (13/2-)	25
1790S 26				0.856 (19/2+)	26
1790S 27				0.860 (15/2-)	27
1790S 28				0.955 (21/2+)	28
1790S 29				0.981 (17/2-)	29
1790S 30			0.997	15/2-	30

1790S 31			1.042	17/2-	31
1790S 32				1.078 (17/2-)	32
1790S 33				1.194 (19/2-)	33
1790S 34				1.229 (17/2-)	34
1790S 35				1.316 (19/2-)	35
1790S 36				1.318 (23/2+)	36

1790S 37				1.418	(21/2-)	37
1790S 38				1.428	(25/2+)	38
1790S 39		1.449	19/2-			39
1790S 40		1.503	21/2-			40

1790S 41				1.567	(21/2-)	41
1790S 42				1.655	(23/2-)	42
1790S 43				1.739	(21/2-)	43
1790S 44				1.825	(25/2)	44
1790S 45				1.834	(23/2-)	45
1790S 46				1.852	(27/2+)	46
1790S 47				1.900	(25/2-)	47
1790S 48		1.949	23/2-			48
1790S 49				1.986	(29/2+)	49
1790S 50		2.011	25/2-			50

1790S 51				2.106	(25/2-)	51
1790S 52				2.145	(25/2-)	52
1790S 53				2.160	(27/2-)	53
1790S 54				2.298	(25/2-)	54
1790S 55				2.332	(29/2)	55
1790S 56				2.377	(27/2-)	56
1790S 57				2.418	(29/2-)	57
1790S 58				2.432	(31/2+)	58
1790S 59				2.471	(29/2-)	59
1790S 60		2.489	27/2-			60

1790S 61		2.564	29/2-			61
1790S 62				2.605	(33/2+)	62
1790S 63				2.630	(29/2-)	63
1790S 64				2.709	(31/2-)	64
1790S 65				2.819	(31/2-)	65
1790S 66				2.873	(33/2-)	66
1790S 67				2.894	(29/2-)	67
1790S 68				2.903	(33/2)	68
1790S 69				2.999	(33/2-)	69
1790S 70				3.047	(35/2+)	70

1790S 71				3.054	(33/2-)	71
1790S 72		3.073	31/2-			72
1790S 73		3.152	33/2-			73
1790S 74				3.260	(37/2+)	74
1790S 75				3.274	(35/2-)	75
1790S 76				3.301	(35/2-)	76
1790S 77				3.380	(37/2-)	77
1790S 78				3.483	(37/2)	78
1790S 79				3.515	(37/2-)	79
1790S 80				3.519	(33/2-)	80

1790S 81				3.617	(37/2-)	81

1790S 82				3.692	(35/2-)	82
1790S 83				3.700	(39/2+)	83
1790S 84				3.785	(37/2-)	84
1790S 85				3.808	(39/2-)	85
1790S 86				3.921	(41/2+)	86
1790S 87				3.932	(39/2-)	87
1790S 88				3.965	(41/2-)	88
1790S 89				4.022	(41/2+)	89
1790S 90				4.212	(37/2-)	90

1790S 91				4.261	(41/2-)	91
1790S 92				4.399	(43/2+)	92
1790S 93				4.420	(43/2-)	93
1790S 94				4.464	(41/2-)	94
1790S 95				4.565	(45/2+)	95
1790S 96				4.593	(43/2-)	96
1790S 97				4.610	(45/2-)	97
S-p =	4.656	(0.032)	-----		
1790S 98				4.721	(45/2+)	98
1790S 99				4.930	(45/2-)	99
1790S 100				5.099	(47/2-)	100

1790S 101				5.147	(47/2+)	101
1790S 102				5.177	(45/2-)	102
1790S 103				5.269	(47/2-)	103
1790S 104				5.292	(49/2+)	104
1790S 105				5.307	(49/2-)	105
1790S 106				5.492	(49/2+)	106
1790S 107				5.604	(49/2-)	107
1790S 108				5.833	(51/2-)	108
1790S 109				5.943	(51/2+)	109
1790S 110				5.978	(51/2-)	110

1790S 111				6.071	(53/2-)	111
1790S 112				6.118	(53/2+)	112
1790S 113				6.306	(53/2+)	113
1790S 114				6.322	(53/2-)	114
1790S 115				6.619	(55/2-)	115
1790S 116				6.739	(55/2-)	116
1790S 117				6.784	(55/2+)	117
1790S 118				6.917	(57/2-)	118
1790S 119				7.037	(57/2+)	119
1790S 120				7.090	(57/2)-	120

1790S 121				7.157	(57/2+)	121
1790S 122				7.471	(59/2-)	122
S-n =	7.547	(0.021)	-----		
1790S 123				7.554	(59/2-)	123
1790S 124				7.664	(59/2+)	124
1790S 125				7.843	(61/2-)	125

S-2p	=	7.896	(0.032)	-----		
1790S 126				8.016	(61/2+)	126
1790S 127				8.019	(61/2+)	127
1790S 128				8.407	(63/2-)	128
1790S 129				8.553	(63/2+)	129
1790S 130				8.838	(65/2-)	130

1790S 131				9.020	(65/2+)	131
1790S 132				9.530	(67/2)+	132
1790S 133				9.866	(69/2)-	133

S-p = 4.656 (0.032)-----
 S-n = 7.547 (0.021)-----
 S-2p = 7.896 (0.032)-----
 S-2n = 17.206 (0.021)-----
 S-alpha= -4.188 (0.032)-----

S+p = -2.246 (0.027)
 S+n = -9.407 (0.022)
 S+2p = -5.939 (0.021)
 S+2n = -16.672 (0.030)
 S+alpha = 4.822 (0.021)

gap p = 2.409 (0.042)
 gap n = -1.860 (0.030)
 gap 2p = 1.957 (0.038)
 gap 2n = 0.534 (0.037)
 gap alpha = 0.634 (0.038)