

$^{181}\text{Os}$        $Z = 76$        $N = 105$       adopted link      ENSDF link

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

BE = 1445.000 ( 0.025) MeV

Qbeta+ = 2.968 ( 0.028) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-3.727	( 0.038)	-----		
1810S 1			0.000	1/2-	1    105 M 3
1810S 2			0.049	7/2-	2    2.7 M 1
1810S 3			0.094	3/2-	3
1810S 4			0.103	5/2-	4
1810S 5	0.157	9/2+			5    262 NS    6
1810S 6			0.173	9/2-	6
1810S 7	0.200	11/2+			7
1810S 8	0.274	13/2+			8
1810S 9			0.321	7/2-	9
1810S 10			0.321	11/2-	10
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1810S 11			0.334	9/2-	11
1810S 12				0.341 (7/2+)	12
1810S 13				0.368 (5/2-)	13
1810S 14	0.423	15/2+			14
1810S 15				0.424 (7/2-)	15
1810S 16			0.491	13/2-	16    22.4 PS    11
1810S 17			0.507	7/2-	17
1810S 18				0.509 (9/2+)	18
1810S 19				0.525	19
1810S 20	0.531	17/2+			20
-----					
1810S 21				0.574 (9/2-)	21
1810S 22				0.576	22
1810S 23				0.640	23
1810S 24			0.664	11/2-	24
1810S 25			0.677	13/2-	25    10.5 PS    7
1810S 26			0.682	15/2-	26    9.4 PS    6
1810S 27				0.685	27
1810S 28				0.749	28
1810S 29	0.788	19/2+			29
1810S 30			0.891	17/2-	30    4.9 PS    4
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1810S 31	0.896	21/2+			31
1810S 32			1.094	15/2-	32
1810S 33			1.099	17/2-	33    3.5 PS    4
1810S 34			1.117	19/2-	34    2.38 PS    17
1810S 35	1.271	23/2+			35
1810S 36			1.355	21/2-	36    2.32 PS    16

1810S	37		1.360	25/2+						37
1810S	38				1.554	21/2-				38 2.8 PS 5
1810S	39				1.583	19/2-				39
1810S	40				1.607	23/2-				40
-----										
1810S	41						1.689			41
1810S	42						1.702			42
1810S	43						1.722			43
1810S	44		1.744	21/2+						44 7 NS 2
1810S	45		1.848	27/2+						45
1810S	46				1.868	25/2-				46
1810S	47				1.875	23/2-				47
1810S	48		1.907	29/2+						48
1810S	49						1.920			49
1810S	50				1.927	21/2-				50
-----										
1810S	51				1.989	25/2-				51
1810S	52				2.017	23/2-				52
1810S	53				2.079	25/2-				53
1810S	54				2.100	23/2-				54
1810S	55				2.138	27/2-				55
1810S	56				2.141	25/2-				56
1810S	57						2.142			57
1810S	58				2.177	25/2-				58
1810S	59				2.293	27/2-				59
1810S	60				2.301	27/2-				60
-----										
1810S	61				2.384	29/2-				61
1810S	62						2.393			62
1810S	63				2.416	29/2-				63
1810S	64				2.492	29/2-				64
1810S	65		2.492	31/2+						65
1810S	66		2.508	33/2+						66
1810S	67				2.523	29/2-				67
1810S	68				2.610	27/2-				68
1810S	69				2.628	29/2-				69
1810S	70						2.632	(25/2-)		70
-----										
1810S	71						2.646	(23/2-)		71
1810S	72						2.647			72
1810S	73						2.659	(31/2+)		73
1810S	74				2.700	31/2-				74
1810S	75				2.714	31/2-				75
1810S	76				2.768	31/2-				76
1810S	77				2.824	33/2-				77
1810S	78						2.903			78
1810S	79				2.960	33/2-				79
1810S	80				2.981	33/2-				80
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1810S	81						3.040	(31/2+)		81

1810S 82				3.041	33/2-			82
1810S 83						3.054	(29/2-)	83
1810S 84						3.092	(29/2-)	84
1810S 85		3.108	37/2+					85
1810S 86				3.108	31/2-			86
1810S 87						3.109	(29/2-)	87
1810S 88		3.164	35/2+					88
1810S 89						3.182		89
1810S 90				3.192	33/2-			90
-----								
1810S 91				3.236	35/2-			91
1810S 92						3.259	(31/2+)	92
1810S 93				3.267	35/2-			93
1810S 94						3.268	(25/2-)	94
1810S 95				3.335	35/2-			95
1810S 96				3.351	37/2-			96
1810S 97						3.471		97
1810S 98				3.526	37/2-			98
1810S 99						3.537	(31/2-)	99
1810S 100				3.556	37/2-			100
-----								
1810S 101				3.579	33/2-			101 5 NS LT
1810S 102				3.633	35/2-			102
1810S 103				3.655	37/2-			103
1810S 104		3.694	41/2+					104
1810S 105				3.739	35/2-			105 24 NS 4
1810S 106						3.780		106
1810S 107				3.799	37/2-			107
1810S 108		3.817	39/2+					108
1810S 109				3.843	39/2-			109
1810S 110				3.864	39/2-			110
-----								
1810S 111				3.877	37/2-			111
1810S 112		3.915	37/2+					112
1810S 113				3.969	41/2-			113 0.319 PS 21
1810S 114				3.974	39/2-			114
1810S 115						4.140	(39/2+)	115
1810S 116				4.165	41/2-			116
1810S 117				4.169	39/2-			117
1810S 118						4.174	(41/2-)	118
1810S 119				4.185	41/2-			119
1810S 120		4.322	45/2+					120 0.291 PS 28
-----								
1810S 121						4.327	(39/2+)	121
1810S 122				4.336	41/2-			122
1810S 123				4.448	41/2-			123
1810S 124		4.460	43/2+					124
1810S 125				4.512	43/2-			125
1810S 126						4.522	(41/2+)	126 3 NS LT
1810S 127				4.527	43/2-			127

1810S 128			4.613	41/2-			128	
1810S 129					4.632	(41/2+)	129	
1810S 130			4.674	45/2-			130 0.152 PS 14	
-----								
1810S 131			4.685	43/2-			131	
1810S 132					4.794	(45/2-)	132	
1810S 133			4.844	45/2-			133	
1810S 134					4.844	(43/2+)	134	
1810S 135			4.888	45/2-			135	
1810S 136					4.947	(43/2-)	136	
-----								
S-p	=	5.001	(	0.033)	-----			
1810S 137		5.030	49/2+				137 0.215 PS 21	
1810S 138				5.061	45/2-		138	
1810S 139						5.113	(43/2+)	139
1810S 140				5.166	45/2-		140	
-----								
1810S 141		5.170	47/2+				141	
1810S 142						5.179	(45/2+)	142
1810S 143				5.212	47/2-		143	
1810S 144				5.260	47/2-		144	
1810S 145						5.274	(45/2-)	145
1810S 146				5.379	45/2-		146	
1810S 147				5.427	47/2-		147	
1810S 148				5.455	49/2-		148 0.159 PS 14	
1810S 149						5.469	(45/2+)	149
1810S 150						5.491	(49/2-)	150
-----								
1810S 151						5.510	(47/2+)	151
1810S 152						5.524	(47/2+)	152
1810S 153				5.542	49/2-		153	
1810S 154						5.614	(47/2-)	154
1810S 155				5.654	49/2-		155	
1810S 156				5.674	49/2-		156	
1810S 157				5.809	49/2-		157	
1810S 158						5.832	(47/2+)	158
1810S 159		5.832	53/2+				159 0.173 PS 14	
1810S 160						5.880	(49/2+)	160
-----								
1810S 161				5.922	49/2-		161	
1810S 162				5.931	51/2-		162	
1810S 163		5.964	51/2+				163	
1810S 164						5.965	(49/2-)	164
1810S 165				6.020	51/2-		165	
1810S 166				6.061	51/2-		166	
1810S 167						6.178	(51/2+)	167
1810S 168						6.181	(49/2-)	168
1810S 169				6.191	51/2-		169	
1810S 170						6.208	(49/2+)	170
-----								
1810S 171						6.242	(51/2+)	171

1810S 172				6.264	53/2-			172
1810S 173						6.279	(53/2-)	173
1810S 174				6.301	53/2-			174 0.180 PS 21
1810S 175				6.404	53/2-			175
1810S 176						6.476	(51/2+)	176
1810S 177				6.521	53/2-			177
1810S 178				6.575	53/2-			178
1810S 179						6.607	(51/2-)	179
1810S 180						6.615	(53/2+)	180
-----								
1810S 181				6.679	55/2-			181
1810S 182				6.730	53/2-			182
1810S 183		6.730	57/2+					183 0.125 PS +21-14
1810S 184				6.807	55/2-			184
1810S 185		6.840	55/2+					185
1810S 186						6.855	(55/2+)	186
1810S 187						6.874	(55/2+)	187
1810S 188				6.905	55/2-			188
1810S 189						6.922	(53/2+)	189
1810S 190						6.992	(55/2+)	190
-----								
1810S 191				6.996	55/2-			191
1810S 192						6.999	(57/2-)	192
1810S 193						7.015	(53/2-)	193
1810S 194						7.138	(57/2-)	194
1810S 195				7.200	57/2-			195
1810S 196						7.214	(57/2-)	196
1810S 197				7.230	57/2-			197
1810S 198						7.244	(55/2+)	198
-----								
S-n	=	7.265 ( 0.030)						
-----								
1810S 199						7.354	(55/2+)	199
1810S 200				7.362	57/2-			200
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1810S 201				7.363	57/2-			201
1810S 202						7.382	(57/2+)	202
1810S 203				7.456	59/2-			203
1810S 204						7.487	(55/2+)	204
1810S 205						7.509	(59/2+)	205
1810S 206						7.528	(57/2+)	206
1810S 207				7.584	57/2-			207
1810S 208						7.629	(59/2+)	208
1810S 209				7.665	59/2-			209
1810S 210		7.727	61/2+					210
-----								
1810S 211						7.750	(61/2-)	211
1810S 212						7.773	(59/2+)	212
1810S 213		7.794	59/2+					213
1810S 214				7.803	59/2-			214
1810S 215				7.843	59/2-			215
1810S 216						7.864	(57/2-)	216

1810S 217				7.927	(57/2+)	217
1810S 218				8.096	61/2-	218
1810S 219				8.164	(61/2-)	219
1810S 220				8.170	(61/2-)	220
-----						
1810S 221				8.174	(61/2+)	221
1810S 222				8.174	61/2-	222
1810S 223				8.232	(63/2+)	223
1810S 224				8.260	61/2-	224
1810S 225				8.262	(63/2-)	225
1810S 226				8.452	(59/2+)	226
1810S 227				8.457	(63/2+)	227
1810S 228				8.590	63/2-	228
1810S 229				8.717	63/2-	229
1810S 230				8.767	(61/2+)	230
-----						
1810S 231				8.783	63/2-	231
1810S 232		8.818	65/2+			232
1810S 233		8.826	63/2+			233
-----						
S-2p	=	8.833	( 0.029)	-----		
1810S 234				8.971	(67/2+)	234
1810S 235				8.981	(65/2-)	235
1810S 236				9.091	(67/2-)	236
1810S 237				9.178	(65/2-)	237
1810S 238				9.191	65/2-	238
1810S 239				9.203	65/2-	239
1810S 240				9.573	67/2-	240
-----						
1810S 241				9.613	67/2-	241
1810S 242				9.860	67/2-	242
1810S 243		9.919	67/2+			243
1810S 244				10.000	(69/2+)	244
-----						
S-p	=	5.001	( 0.033)	-----		
S-n	=	7.265	( 0.030)	-----		
S-2p	=	8.833	( 0.029)	-----		
S-2n	=	16.672	( 0.030)	-----		
S-alpha	=	-3.727	( 0.038)	-----		
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S+p	=	-2.791	( 0.033)			
S+n	=	-9.130	( 0.033)			
S+2p	=	-6.801	( 0.029)			
S+2n	=	-16.256	( 0.056)			
S+alpha	=	4.437	( 0.036)			
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gap p	=	2.211	( 0.047)			
gap n	=	-1.865	( 0.045)			
gap 2p	=	2.031	( 0.041)			
gap 2n	=	0.416	( 0.063)			

gap alpha = 0.710 ( 0.052)