

^{182}Os $Z = 76$ $N = 106$ [link to full NNDC output](#)

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

BE = 1454.130 (0.022) MeV

Qbeta+ = 0.837 (0.104) MeV

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

S-alpha=	-3.373	(0.026)	-----		
1820S 1	0.000	0+			1 21.84 H 20
1820S 2	0.127	2+			2 813 PS 11
1820S 3	0.400	4+			3
1820S 4	0.794	6+			4
1820S 5	0.891	2+			5
1820S 6	1.039	3+			6
1820S 7	1.160	2+			7
1820S 8	1.190	4+			8
1820S 9	1.278	8+			9
1820S 10	1.378	4+			10

1820S 11				1.393 (2+)	11
1820S 12	1.399	5+			12
1820S 13			1.472 3-		13
1820S 14				1.523 (2+,3,4+)	14
1820S 15				1.537 (1+:4+)	15
1820S 16	1.589	6+			16
1820S 17				1.617 (3,4)+	17
1820S 18				1.627 (3+,4,5+)	18
1820S 19				1.641 (2+,3,4+)	19
1820S 20			1.654 5-		20

1820S 21				1.669 (4+)	21
1820S 22				1.677 (1,2)	22
1820S 23			1.735 5-		23
1820S 24			1.756 6-		24
1820S 25				1.769 (1,2)	25
1820S 26				1.785 (3+,4,5+)	26
1820S 27			1.801 4-		27
1820S 28	1.812	10+			28
1820S 29				1.813	29
1820S 30				1.831 (8)-	30 0.78 MS 7

1820S 31				1.844	31
1820S 32	1.853	7+			32
1820S 33				1.876 (3,4,5+)	33
1820S 34			1.879 7-		34
1820S 35				1.891 (6-)	35
1820S 36			1.895 5-		36

1820S	37				1.899	(2+,3,4+)	37
1820S	38				2.014	(9)-	38
1820S	39		2.017	7-			39
1820S	40		2.025	6-			40

1820S	41				2.025	(1+:4+)	41
1820S	42		2.035	8-			42
1820S	43				2.059		43
1820S	44				2.113	(8)+	44
1820S	45				2.147	(4+,5,6+)	45
1820S	46		2.182	7-			46
1820S	47		2.193	9-			47
1820S	48				2.220	(10)-	48
1820S	49				2.235	(8-)	49
1820S	50				2.246	(9)+	50

1820S	51	2.346	12+				51
1820S	52			2.372	8-		52
1820S	53				2.375	(10)+	53
1820S	54			2.381	9-		54
1820S	55			2.420	10-		55
1820S	56				2.449	(11)-	56
1820S	57				2.526	(11)+	57
1820S	58			2.583	9-		58
1820S	59			2.591	11-		59
1820S	60				2.652	(10-)	60

1820S	61				2.672	(12)+	61
1820S	62				2.700	(12)-	62
1820S	63				2.803	(12+)	63
1820S	64			2.819	10-		64
1820S	65			2.824	11-		65
1820S	66	2.841	14+				66
1820S	67				2.870	(13)+	67
1820S	68			2.908	12-		68
1820S	69				2.973	(13)-	69
1820S	70			3.072	11-		70

1820S	71			3.072	13-		71
1820S	72				3.073	(14)+	72
1820S	73				3.133	(12-)	73
1820S	74				3.189		74
1820S	75				3.265	(14)-	75
1820S	76				3.291	(14)+	76
1820S	77				3.304	(15)+	77
1820S	78	3.320	16+				78
1820S	79			3.330	12-		79
1820S	80			3.338	13-		80

1820S	81			3.489	14-		81

1820S 82						3.573	(15)-	82
1820S 83				3.616	13-			83
1820S 84						3.618	(16)+	84
1820S 85				3.640	15-			85
1820S 86						3.644	(13-)	86
1820S 87						3.670	(14-)	87
1820S 88						3.841	(17)+	88
1820S 89						3.850	(16+)	89
1820S 90		3.857	18+					90

1820S 91				3.900	14-			91
1820S 92						3.904	(16)-	92
1820S 93				3.905	15-			93
1820S 94						3.916	(15+)	94
1820S 95						3.930	(15+)	95
1820S 96						3.969	(14-)	96
1820S 97						4.058	(16-)	97
1820S 98				4.071	16-			98
1820S 99						4.158	(16+)	99
1820S 100						4.166	(16+)	100

1820S 101				4.185	15-			101
1820S 102						4.211	(15-)	102
1820S 103						4.237	(17)-	103
1820S 104						4.255	(16-)	104
1820S 105						4.275	(18)+	105
1820S 106				4.294	17-			106
1820S 107						4.356	(17-)	107
1820S 108						4.370	(16+)	108
1820S 109						4.426	(17+)	109
1820S 110						4.437	(17)	110

1820S 111				4.467	17-			111
1820S 112						4.468	(18+)	112
1820S 113						4.476	(19)+	113
1820S 114		4.480	20+					114
1820S 115				4.481	16-			115
1820S 116						4.516	(16-)	116
1820S 117						4.598	(18)-	117
1820S 118				4.639	18-			118
1820S 119						4.682	(17+)	119
1820S 120						4.713	(18+)	120

1820S 121						4.761	(18)	121
1820S 122				4.767	17-			122
1820S 123						4.879	(17-)	123
1820S 124						4.908	(19-)	124
1820S 125						4.941	(19)-	125
1820S 126						5.005	(18+)	126
1820S 127				5.008	19-			127

6 NS 2

1820S 128			5.012	19-			128
1820S 129					5.024	(20)+	129
1820S 130					5.024	(19+)	130

1820S 131					5.063	(19)	131
1820S 132			5.128	18-			132
1820S 133					5.142	(20+)	133
1820S 134					5.181	(18)	134
1820S 135	5.192	22+					135
1820S 136					5.205	(21)+	136
1820S 137					5.246	(20)-	137
1820S 138			5.257	20-			138
1820S 139					5.333	(19+)	139
1820S 140					5.358	(20+)	140

S-p	=	5.381	(0.025)	-----			
1820S 141			5.384	19-			141
1820S 142					5.486	(19)	142
1820S 143					5.505	(21-)	143
1820S 144					5.587	(21)-	144
1820S 145			5.607	21-			145
1820S 146					5.675	(21)	146
1820S 147					5.714	(21+)	147
1820S 148			5.726	21-			148
1820S 149					5.778	(20+)	149
1820S 150					5.810	(22)+	150

1820S 151					5.859	(22)-	151
1820S 152					5.983	(21+)	152
1820S 153	5.988	24+					153
1820S 154					6.017	(23)+	154
1820S 155			6.048	21-			155
1820S 156					6.089	(22+)	156
1820S 157					6.219	(23)-	157
1820S 158			6.258	23-			158
1820S 159					6.282	(22+)	159
1820S 160					6.323	(23)	160

1820S 161					6.484	(23+)	161
1820S 162					6.544	(23+)	162
1820S 163					6.584	(24)+	163
1820S 164					6.592	(24)-	164
1820S 165			6.766	23-			165
1820S 166	6.860	26+					166
1820S 167					6.862	(24+)	167
1820S 168					6.897	(25)+	168
1820S 169					6.901	(24)	169
1820S 170					6.927	(25)-	170

1820S 171			6.978	25-			171

1820S 172				7.049	(25+)	172	150 NS 10
1820S 173				7.399	(26)+	173	
1820S 174				7.485	(26+)	174	
1820S 175			7.793	27-		175	
1820S 176		7.804	28+			176	
1820S 177				7.821	(27)+	177	
1820S 178				7.925	(27+)	178	
1820S 179				8.267	(28)+	179	
1820S 180				8.346	(28+)	180	

1820S 181			8.698	29-		181	
1820S 182				8.700	(29+)	182	
1820S 183				8.803	(29)+	183	
1820S 184		8.820	30+			184	
1820S 185				9.103	(30+)	185	
S-n	=	9.130	(0.033)	-----			
1820S 186				9.192	(30)+	186	
S-2p	=	9.551	(0.022)	-----			
1820S 187				9.596	(31+)	187	
1820S 188			9.691	31-		188	
1820S 189				9.816	(31)+	189	
1820S 190		9.913	32+			190	

1820S 191				9.940	(32+)	191	
1820S 192				10.178	(32+)	192	
1820S 193				10.510	(33+)	193	
1820S 194				10.781	(34+)	194	
1820S 195				10.853	(33+)	195	
1820S 196		11.071	34+			196	
1820S 197				11.308	(35+)	197	
1820S 198				11.561	(36+)	198	
1820S 199				12.099	(37+)	199	
1820S 200		12.265	36+			200	

1820S 201				12.372	(38+)	201	
1820S 202				13.482	(38+)	202	
1820S 203				X		203	
1820S 204				597.8+X		204	
1820S 205				1249.2+X		205	
1820S 206				1969.2+X		206	
1820S 207				2783.7+X		207	
1820S 208				3689.2+X		208	
1820S 209				4681.7+X		209	

S-p	=	5.381	(0.025)	-----			
S-n	=	9.130	(0.033)	-----			
S-2p	=	9.551	(0.022)	-----			
S-2n	=	16.394	(0.027)	-----			
S-alpha	=	-3.373	(0.026)	-----			

S+p = -2.883 (0.033)
S+n = -7.126 (0.054)
S+2p = -7.303 (0.027)
S+2n = -15.786 (0.022)
S+alpha = 4.320 (0.031)

gap p = 2.497 (0.041)
gap n = 2.004 (0.064)
gap 2p = 2.248 (0.034)
gap 2n = 0.608 (0.035)
gap alpha = 0.947 (0.041)