

^{186}Os $Z = 76$ $N = 110$ [link to full NNDC output](#)

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

BE = 1484.807 (0.001) MeV

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

S-alpha=	-2.821	(0.001)	-----		
1860S 1	0.000	0+			1 2.0E+15 Y 11
1860S 2	0.137	2+			2 875 PS 15
1860S 3	0.434	4+			3 26.5 PS 12
1860S 4	0.767	2+			4 1.77 PS +4-14
1860S 5	0.869	6+			5 3.03 PS +7-13
1860S 6	0.910	3+			6
1860S 7	1.061	0+			7
1860S 8	1.070	4+			8 1.75 PS +10-14
1860S 9	1.208	2+			9
1860S 10	1.276	5+			10

1860S 11	1.352	4+			11 3.2 PS +10-7
1860S 12	1.421	8+			12 0.99 PS 5
1860S 13				1.453 (3+)	13
1860S 14	1.456	0+			14
1860S 15	1.461	4+			15
1860S 16				1.480 (3)-	16
1860S 17	1.491	6+			17 1.74 PS +10-14
1860S 18				1.560 (5)+	18
1860S 19				1.571	19
1860S 20				1.623	20

1860S 21			1.629 5-		21 1 NS LT
1860S 22				1.641	22
1860S 23				1.654 2+,3,4+	23
1860S 24				1.705 (4+)	24
1860S 25				1.751 (7+)	25
1860S 26				1.755 2(+)	26
1860S 27				1.772 (6-)	27
1860S 28				1.775 (7-)	28 8.36 NS 24
1860S 29				1.776 4+,5+	29
1860S 30				1.813 (6)+	30

1860S 31				1.848 2+,3	31
1860S 32				1.916 4+,5,6+	32
1860S 33				1.937	33
1860S 34				1.939 (7-)	34
1860S 35				1.953 (0+)	35
1860S 36				1.968 (8-)	36
1860S 37				1.976	37

1860S	38	1.990	0+					38		
1860S	39					2.016	(8+)	39	2.3 PS	+4-5
1860S	40	2.031	4+					40		

1860S	41					2.057	5+,6+	41		
1860S	42	2.068	10+					42	0.41 PS	+8-16
1860S	43	2.082	4+					43		
1860S	44					2.120		44		
1860S	45					2.134	(8-)	45		
1860S	46					2.135	3+,4+,5+	46		
1860S	47					2.165	(9-)	47	5.7 NS	4
1860S	48					2.188	(9-)	48		
1860S	49	2.223	4+					49		
1860S	50					2.234		50		

1860S	51					2.258	(8+)	51		
1860S	52					2.303		52		
1860S	53					2.317	(9+)	53		
1860S	54					2.350	(9-)	54		
1860S	55					2.377	5+,6+	55		
1860S	56					2.431	(10-)	56		
1860S	57					2.435	(10-)	57		
1860S	58					2.560		58		
1860S	59					2.563	(10+)	59	1 NS	LT
1860S	60					2.588	(10-)	60		

1860S	61					2.599	4(+),5,6(+)	61		
1860S	62					2.606	(5+,6+)	62		
1860S	63					2.620	5+,6+	63		
1860S	64					2.625	(10+)	64	1.2 PS	+3-7
1860S	65					2.667	(6)+	65		
1860S	66					2.698	(11-)	66		
1860S	67					2.714	(11-)	67		
1860S	68					2.774	(4+)	68		
1860S	69	2.781	12+					69	0.28 PS	+13-4
1860S	70					2.788	(10+)	70		

1860S	71					2.806	(11+)	71		
1860S	72					2.852	(11-)	72		
1860S	73					2.920	1,2+	73		
1860S	74					2.956	(11+)	74		
1860S	75					2.958	+	75		
1860S	76					2.977	(12-)	76		
1860S	77					2.978		77		
1860S	78					3.007	(12-)	78		
1860S	79					3.039	(12+)	79		
1860S	80					3.110		80		

1860S	81					3.123	(12-)	81		
1860S	82					3.185		82		

1860S 83				3.186	(12+)	83
1860S 84				3.214		84
1860S 85				3.221	(12+)	85
1860S 86				3.226		86
1860S 87				3.253	(6+)	87
1860S 88				3.269		88
1860S 89				3.289	(13-)	89
1860S 90				3.293	(13+)	90

1860S 91				3.296	(12+)	91
1860S 92				3.309	(13-)	92
1860S 93				3.414	(4+)	93
1860S 94				3.425	(13-)	94
1860S 95				3.431	(13+)	95
1860S 96	3.440	14+				96 1 PS GE
1860S 97				3.506	(13)	97
1860S 98				3.557	(14-)	98
1860S 99	3.558	14+				99
1860S 100				3.624	(14-)	100

1860S 101				3.628	(13+)	101
1860S 102				3.730	(15+)	102
1860S 103				3.761	(14-)	103
1860S 104				3.816	(15+)	104
1860S 105				3.934	(16+)	105
1860S 106				3.940	(15-)	106
1860S 107				3.946	(15-)	107
1860S 108				4.062	(15-)	108
1860S 109				4.099	(16+)	109
1860S 110				4.170	(16-)	110

1860S 111				4.241	(16+)	111
1860S 112				4.284	(16-)	112
1860S 113				4.351	(16+)	113
1860S 114				4.413	(17+)	114
1860S 115				4.483	(17+)	115
1860S 116				4.487	(16-)	116
1860S 117				4.494	(18+)	117 0.5 NS LT
1860S 118				4.504	(18+)	118
1860S 119				4.624	(17-)	119
1860S 120				4.637	(17-)	120

1860S 121				4.760	(17-)	121
1860S 122				4.819	(18-)	122
1860S 123				4.869	(18+)	123
1860S 124				4.956	(19+)	124
1860S 125				4.963	(18+)	125
1860S 126				5.025	(18-)	126 2 NS LT
1860S 127				5.106	(19+)	127
1860S 128				5.167	(20+)	128

1860S 129			5.243	(19-)	129		
1860S 130			5.331	(19-)	130	1 NS	LT

1860S 131			5.373	(20+)	131		
1860S 132			5.490	(20-)	132		
1860S 133			5.496	(20+)	133		
1860S 134			5.500	(20+)	134		
1860S 135			5.560	(20-)	135		
1860S 136			5.564	(20-)	136		
1860S 137			5.670	(20+)	137		
1860S 138			5.701	(21+)	138		
1860S 139			5.781	(20+)	139		
1860S 140			5.832	(21-)	140		

1860S 141			5.888	(21+)	141		
1860S 142			5.901	(21-)	142		
1860S 143			5.915	(22+)	143		
1860S 144			5.922	(21+)	144		
1860S 145			5.922	(21+)	145		
1860S 146			6.026	(22+)	146		
1860S 147			6.030	(22+)	147		
1860S 148			6.063	(22+)	148		
1860S 149			6.151	(24+)	149		
1860S 150			6.185	(22-)	150		

1860S 151			6.446	(22+)	151		
S-p	=	6.470	(0.001)	-----			
1860S 152			6.472	(25+)	152		
1860S 153			6.487	(24+)	153		
1860S 154			6.727	(24+)	154		
1860S 155			6.947	(26+)	155		
1860S 156			6.988	(26+)	156		
1860S 157			6.992	(25+)	157		
1860S 158			7.142	(28+)	158	2 NS	LT
1860S 159			7.476	(26+)	159		
1860S 160			7.583	(26+)	160		

1860S 161			7.709	(30+)	161		
1860S 162			7.749	(30+)	162		
1860S 163			7.777	(30+)	163		
S-n	=	8.265	(0.001)	-----			
S-2p	=	11.872	(0.001)	-----			
1860S 164		13.030	1-		164	3.13 MEV	24
S-2n	=	14.890	(0.001)	-----			
1860S 165		15.260	1-		165	3.38 MEV	21

S-p	=	6.470	(0.001)	-----			
S-n	=	8.265	(0.001)	-----			
S-2p	=	11.872	(0.001)	-----			

S-2n = 14.890 (0.001)-----
S-alpha= -2.821 (0.001)-----

S+p = -3.838 (0.028)
S+n = -6.290 (0.001)
S+2p = -9.399 (0.005)
S+2n = -14.280 (0.001)
S+alpha = 3.269 (0.001)

gap p = 2.632 (0.028)
gap n = 1.975 (0.001)
gap 2p = 2.474 (0.005)
gap 2n = 0.610 (0.002)
gap alpha = 0.447 (0.001)