

^{186}Os $Z = 76$ $N = 110$ adopted link ENSDF link

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

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+			2 868 PS 12
1860S 3	0.434	4+			3 26.4 PS 12
1860S 4	0.767	2+			4 1.88 PS 14
1860S 5	0.869	6+			5 3.03 PS +8-12
1860S 6	0.910	3+			6
1860S 7	1.061	0+			7 148 PS +83-57
1860S 8	1.070	4+			8 1.83 PS +31-23
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 1.30 PS 6
1860S 13				1.452 (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 1.77 PS +63-43
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 30
1860S 29				1.776 4+,5+	29
1860S 30				1.812 (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 1.8 PS 3
1860S	40	2.031	4+				40

1860S	41				2.057	5+,6+	41
1860S	42	2.068	10+				42 0.41 PS 12
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				2.166	(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	2.319	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 1.17 PS +33-43
1860S	65				2.667	(6)+	65
1860S	66				2.699	(11-)	66
1860S	67				2.714	(11-)	67
1860S	68				2.772	(4+)	68
1860S	69	2.782	12+				69 0.29 PS +23-4
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				2.958	(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				3.294	(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				3.432	(13+)	95
1860S 96				3.440	(14+)	96 0.92 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				3.630	(13+)	101
1860S 102				3.731	(15+)	102
1860S 103				3.761	(14-)	103
1860S 104				3.816	(15+)	104
1860S 105				3.935	(16+)	105
1860S 106				3.941	(15-)	106
1860S 107				3.946	(15-)	107
1860S 108				4.062	(15-)	108
1860S 109				4.100	(16+)	109
1860S 110				4.170	(16-)	110

1860S 111				4.242	(16+)	111
1860S 112				4.283	(16-)	112
1860S 113				4.351	(16+)	113
1860S 114				4.414	(17+)	114
1860S 115				4.483	(17+)	115
1860S 116				4.487	(16-)	116
1860S 117				4.495	(18+)	117 0.5 NS LT
1860S 118				4.505	(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				4.870	(18+)	123
1860S 124				4.957	(19+)	124
1860S 125				4.964	(18+)	125
1860S 126				5.026	(18-)	126 2 NS LT
1860S 127				5.107	(19+)	127
1860S 128				5.168	(20+)	128

1860S 129			5.244	(19-)	129				
1860S 130			5.332	(19-)	130	1 NS	LT		

1860S 131			5.374	(20+)	131				
1860S 132			5.490	(20-)	132				
1860S 133			5.496	(20+)	133				
1860S 134			5.501	(20+)	134				
1860S 135			5.560	(20-)	135				
1860S 136			5.565	(20-)	136				
1860S 137			5.670	(20+)	137				
1860S 138			5.702	(21+)	138				
1860S 139			5.782	(20+)	139				
1860S 140			5.833	(21-)	140				

1860S 141			5.889	(21+)	141				
1860S 142			5.902	(21-)	142				
1860S 143			5.915	(22+)	143				
1860S 144			5.923	(21+)	144				
1860S 145			5.923	(21+)	145				
1860S 146			6.027	(22+)	146				
1860S 147			6.031	(22+)	147				
1860S 148			6.064	(22+)	148				
1860S 149			6.152	(24+)	149				
1860S 150			6.185	(22-)	150				

1860S 151			6.446	(22+)	151				
S-p	=	6.470 (0.001)	-----						
1860S 152			6.473	(25+)	152				
1860S 153			6.488	(24+)	153				
1860S 154			6.728	(24+)	154				
1860S 155			6.947	(26+)	155				
1860S 156			6.989	(26+)	156				
1860S 157			6.993	(25+)	157				
1860S 158			7.143	(28+)	158	2 NS	LT		
1860S 159			7.477	(26+)	159				
1860S 160			7.583	(26+)	160				

1860S 161			7.710	(30+)	161				
1860S 162			7.750	(30+)	162				
1860S 163			7.778	(30+)	163				

S-p = 6.470 (0.001)-----
S-n = 8.266 (0.001)-----
S-2p = 11.873 (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 (0.002)
gap 2p = 2.474 (0.005)
gap 2n = 0.610 (0.002)
gap alpha = 0.448 (0.001)