

^{190}Os $Z = 76$ $N = 114$ adopted link ENSDF link

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

BE = 1512.800 (0.001) MeV

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

S-alpha=	-1.376	(0.001)	-----		
1900S 1	0.000	0+			1 STABLE
1900S 2	0.187	2+			2 371 PS 8
1900S 3	0.548	4+			3 13.6 PS +4-7
1900S 4	0.558	2+			4 15.2 PS 14
1900S 5	0.756	3+			5
1900S 6	0.912	0+			6 14 PS +4-3
1900S 7	0.955	4+			7 7.7 PS 6
1900S 8	1.050	6+			8 2.36 PS 14
1900S 9	1.115	2+			9
1900S 10				1.115 1	10

1900S 11	1.163	4+			11 8.6 PS 16
1900S 12	1.204	5+			12
1900S 13				1.327 1,2	13
1900S 14	1.382	0+			14
1900S 15			1.387 3-		15 61 PS +11-9
1900S 16	1.436	2+			16
1900S 17				1.446 (5)+	17
1900S 18				1.474 (6+)	18 2.78 PS 25
1900S 19				1.482 1	19
1900S 20				1.514 (6+,5+)	20

1900S 21	1.545	0+			21
1900S 22				1.547 1	22
1900S 23				1.569 (3)+	23
1900S 24				1.570 (1,2)	24
1900S 25			1.584 4-		25
1900S 26				1.616 (2)+	26
1900S 27	1.667	8+			27 0.71 PS 10
1900S 28				1.676 (2)+	28
1900S 29				1.679 (3)	29
1900S 30				1.681 (1)	30

1900S 31			1.682 5-		31
1900S 32				1.689 (2+)	32
1900S 33			1.706 10-		33 9.86 M 3
1900S 34				1.708 (2+,3,4+)	34
1900S 35				1.725 1	35
1900S 36	1.733	0+			36
1900S 37				1.777	37

1900S	38				1.803	(1,2+)	38
1900S	39				1.814	(1+,2,3+)	39
1900S	40				1.824	(1,2)+	40

1900S	41				1.836	(6+)	41
1900S	42				1.859	(2+)	42
1900S	43				1.872	(5)-	43
1900S	44				1.884	(1,2,3)	44
1900S	45				1.902	(1,2,3)	45
1900S	46				1.903	(3+,4-)	46
1900S	47				1.911	(2)+	47
1900S	48				1.918	(1,2)	48
1900S	49				1.935	(2+,3+,4)	49
1900S	50				1.944	(2+)	50

1900S	51		1.957	0+			51
1900S	52				1.958	(1,2+)	52
1900S	53				1.970	(1+,2)	53
1900S	54				1.992	(2,3)	54
1900S	55				1.995	(2)+	55
1900S	56				2.010	1(+)	56
1900S	57				2.026	(1,2)	57
1900S	58				2.042	(1,2)	58
1900S	59				2.048	(1,2)	59
1900S	60				2.061	(6+,7-)	60

1900S	61				2.069	(5+)	61
1900S	62				2.070	(1+,2)	62
1900S	63				2.089	(1+,2+)	63
1900S	64				2.090	(8+)	64
1900S	65				2.112	(1,2+)	65
1900S	66				2.119	(1+,2)	66
1900S	67				2.121	(5,6+)	67
1900S	68				2.125	(2,3+,4+)	68
1900S	69				2.135	(0+,1,2)	69
1900S	70				2.151	(1,2+)	70

1900S	71				2.175	(0+,1,2)	71
1900S	72				2.191	(1,2+)	72
1900S	73				2.198	(1,2)	73
1900S	74				2.210	(1,2)	74
1900S	75				2.224	(1,2)	75
1900S	76				2.263	(1,2+)	76
1900S	77				2.289	(1,2)	77
1900S	78				2.296	1	78
1900S	79				2.307	(1,2)	79
1900S	80				2.315	(1,2)	80

1900S	81				2.328	1	81
1900S	82				2.351	(1,2+)	82

1.6 PS +3-4

1900S 83				2.352	(2+,3)	83	
1900S 84				2.358	(10+)	84	0.48 PS +11-9
1900S 85				2.366		85	
1900S 86				2.381	(1,2)	86	
1900S 87				2.394	1	87	
1900S 88				2.408	1	88	
1900S 89				2.446	(0+)	89	
1900S 90				2.458	(1,2+)	90	

1900S 91				2.468	(1,2)	91	
1900S 92				2.474	(0+:3)	92	
1900S 93				2.477	(1+,2+)	93	
1900S 94	2.484	0+				94	
1900S 95				2.503	(1+,2+)	95	
1900S 96				2.511		96	
1900S 97				2.539		97	
1900S 98				2.552	(1+,2+)	98	
1900S 99				2.563	(0+:3)	99	
1900S 100				2.592	1(+)	100	

1900S 101				2.622	1(+)	101	
1900S 102				2.644	1	102	
1900S 103				2.655		103	
1900S 104				2.663	(1+,2,3)	104	
1900S 105				2.685		105	
1900S 106				2.704	1(+)	106	
1900S 107				2.714	1	107	
1900S 108				2.738	1	108	
1900S 109				2.758	(12+)	109	
1900S 110				2.772	(10+)	110	

1900S 111				2.774	1	111	
1900S 112				2.791		112	
1900S 113				2.816	1	113	
1900S 114				2.821	(0+:3)	114	
1900S 115				2.877	(1,2+)	115	
1900S 116				2.914		116	
1900S 117				2.945	(1,2+)	117	
1900S 118				2.963		118	
1900S 119				2.975	(2+)	119	
1900S 120				2.992		120	

1900S 121				3.012	(12+)	121	1.9 PS LT
1900S 122				3.016	1	122	
1900S 123				3.023	1	123	
1900S 124				3.045	1	124	
1900S 125				3.076		125	
1900S 126				3.117	1	126	
1900S 127				3.126	1	127	
1900S 128				3.127	(12+)	128	4.8 PS LT

1900S 129			3.142	1	129
1900S 130			3.189	1	130

1900S 131			3.245	1	131
1900S 132			3.278		132
1900S 133			3.347	(14+)	133
1900S 134			3.348	1	134
1900S 135			3.415	1	135
1900S 136			3.446	1	136
1900S 137			3.467	1	137
1900S 138			3.517	1	138
1900S 139			3.577		139
1900S 140			3.595		140

1900S 141			3.628		141
1900S 142			3.724		142
1900S 143			3.749	1	143
1900S 144			3.781		144
1900S 145			3.799	1	145
1900S 146			3.870	1	146
1900S 147			3.900		147
1900S 148			3.925	1	148
1900S 149			3.982	1	149
1900S 150			4.013	(16+)	150

1900S 151			4.015		151
1900S 152			4.498	(18+)	152
1900S 153			4.810	(19+)	153
1900S 154			5.131	(0+:3)	154
1900S 155			5.248	(20+)	155
1900S 156			5.834	(21+)	156
1900S 157			7.792	1-,2-	157

S-p	=	8.018	(0.008)	-----	
S-n	=	7.792	(0.001)	-----	
S-2p	=	14.618	(0.003)	-----	
S-2n	=	13.713	(0.001)	-----	
S-alpha	=	-1.376	(0.001)	-----	
S+p	=	-5.290	(0.001)		
S+n	=	-5.759	(0.001)		
S+2p	=	-12.159	(0.003)		
S+2n	=	-13.317	(0.002)		
S+alpha	=	1.523	(0.001)		
gap p	=	2.728	(0.008)		
gap n	=	2.034	(0.001)		
gap 2p	=	2.459	(0.004)		
gap 2n	=	0.396	(0.003)		

gap alpha = 0.147 (0.002)