

^{190}Os $Z = 76$ $N = 114$ [link to full NNDC output](#)

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

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+			2 375 PS 10
1900S 3	0.548	4+			3 12.8 PS 7
1900S 4	0.558	2+			4 15.2 PS 14
1900S 5	0.756	3+			5
1900S 6	0.912	0+			6 15 PS 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 (0,1,2)+	14
1900S 15			1.387 3-		15 59 PS 7
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				1.666 (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				1.705 (10)-	33 9.9 M 1
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	(2,3)+	47	
1900S	48				1.918	(0+,1,2)	48	
1900S	49				1.935	(2+,3+,4)	49	
1900S	50				1.943	(2+)	50	

1900S	51				1.958	(1,2+)	51	
1900S	52				1.970	(1+,2)	52	
1900S	53				1.992	(2,3)	53	
1900S	54				1.995	(2)+	54	
1900S	55				2.011	1(+)	55	
1900S	56				2.026	(1,2)	56	
1900S	57				2.043	(LE 3)	57	
1900S	58				2.048	(1,2)	58	
1900S	59				2.061	(6+,7-)	59	
1900S	60				2.069	(5+)	60	

1900S	61				2.070	(1+,2)	61	
1900S	62				2.089	(1+,2+)	62	
1900S	63				2.090	(8+)	63	1.6 PS 4
1900S	64				2.112	(1,2)	64	
1900S	65				2.118	(1+,2)	65	
1900S	66				2.121	(5,6+)	66	
1900S	67				2.125	(2,3+,4+)	67	
1900S	68				2.135	(0+,1,2)	68	
1900S	69				2.150	(1,2)	69	
1900S	70				2.175	(0+,1,2)	70	

1900S	71				2.192	(1,2)	71	
1900S	72				2.198	(1,2)	72	
1900S	73				2.210	(1,2)	73	
1900S	74				2.224	(1,2,3)	74	
1900S	75				2.263	(1,2)	75	
1900S	76				2.289	(1,2)	76	
1900S	77				2.296	1	77	
1900S	78				2.307	(1,2,3)	78	
1900S	79				2.315	(1,2,3)	79	
1900S	80				2.328	1	80	

1900S	81				2.349	(1,2)	81	
1900S	82				2.352	(2+,3)	82	

1900S 83				2.357	(10+)	83	0.47 PS 11
1900S 84				2.366		84	
1900S 85				2.381	(1,2,3)	85	
1900S 86				2.394	1	86	
1900S 87				2.408	1	87	
1900S 88				2.446	(0+)	88	
1900S 89				2.458	(1,2)	89	
1900S 90				2.468	(1,2)	90	

1900S 91				2.474	(0+:3)	91	
1900S 92				2.477	(1+,2+)	92	
1900S 93				2.503	(1+,2+)	93	
1900S 94				2.515		94	
1900S 95				2.539		95	
1900S 96				2.552	(1+,2+)	96	
1900S 97				2.563	(0+:3)	97	
1900S 98				2.591	1(+)	98	
1900S 99				2.623	1(+)	99	
1900S 100				2.644	1	100	

1900S 101				2.653		101	
1900S 102				2.663	(1+,2,3)	102	
1900S 103				2.685		103	
1900S 104				2.704	1(+)	104	
1900S 105				2.714	1	105	
1900S 106				2.738	1	106	
1900S 107				2.772	(10+)	107	
1900S 108				2.773	1	108	
1900S 109				2.791		109	
1900S 110				2.817	1	110	

1900S 111				2.821	(0+:3)	111	
1900S 112				2.877	(1,2)	112	
1900S 113				2.914		113	
1900S 114				2.944	(1,2)	114	
1900S 115				2.963		115	
1900S 116				2.976	(1,2)	116	
1900S 117				2.992		117	
1900S 118				3.011	(12+)	118	1.9 PS LT
1900S 119				3.016	1	119	
1900S 120				3.023	1	120	

1900S 121				3.045	1	121	
1900S 122				3.076		122	
1900S 123				3.118	1	123	
1900S 124				3.126	(12+)	124	4.8 PS LT
1900S 125				3.126	1	125	
1900S 126				3.142	1	126	
1900S 127				3.189	1	127	
1900S 128				3.245	1	128	

1900S 129			3.278		129
1900S 130			3.348	1	130

1900S 131			3.415	1	131
1900S 132			3.446	1	132
1900S 133			3.467	1	133
1900S 134			3.517	1	134
1900S 135			3.577		135
1900S 136			3.595		136
1900S 137			3.628		137
1900S 138			3.724		138
1900S 139			3.749	1	139
1900S 140			3.781		140

1900S 141			3.799	1	141
1900S 142			3.870	1	142
1900S 143			3.900		143
1900S 144			3.925	1	144
1900S 145			3.982	1	145
1900S 146			4.015		146
1900S 147			5.130	(0+:3)	147

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 = -12.158 (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 = 2.460 (0.004)
gap 2n = 0.396 (0.003)
gap alpha = 0.147 (0.002)