

¹⁹¹Os Z = 76 N = 115 adopted link ENSDF link

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

BE = 1518.559 (0.001) MeV

Qbeta- = 0.314 (0.001) MeV

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

S-alpha=	-1.084	(0.001)	-----		
1910S 1			0.000	9/2-	1 15.4 D 1
1910S 2			0.074	3/2-	2 13.10 H 5
1910S 3				0.084 (1/2)-	3
1910S 4			0.132	5/2-	4
1910S 5				0.142 (3/2)-	5
1910S 6				0.176 (11/2)+	6
1910S 7				0.263	7
1910S 8			0.273	5/2-	8
1910S 9				0.308	9
1910S 10				0.314 (5/2)-	10

1910S 11				0.326 (13/2-)	11
1910S 12				0.333	12
1910S 13				0.353 (13/2)+	13
1910S 14				0.411 (7/2)+	14
1910S 15				0.417 1/2-,3/2-	15
1910S 16				0.434 (1/2,3/2)-	16
1910S 17				0.437 (3/2)-	17
1910S 18				0.442 (5/2)-	18
1910S 19			0.447	7/2-	19
1910S 20			0.463	7/2-	20

1910S 21				0.472 (5/2)-	21
1910S 22				0.488 (3/2)-	22
1910S 23				0.508 (3/2)-	23
1910S 24				0.519 (7/2,9/2)+	24
1910S 25				0.525 (15/2)+	25
1910S 26				0.574 (5/2)-	26
1910S 27				0.589	27
1910S 28				0.602	28
1910S 29				0.612 1/2-,3/2-	29
1910S 30				0.619 (5/2)-	30

1910S 31				0.631 (5/2)-	31
1910S 32				0.638	32
1910S 33				0.638 (1/2,3/2)-	33
1910S 34				0.668	34
1910S 35				0.678	35
1910S 36				0.689 (5/2)-	36

1910S	37				0.693	(1/2+, 3/2+)	37
1910S	38				0.721	(3/2)-	38
1910S	39				0.722	(17/2)+	39
1910S	40				0.748	(3/2)-	40

1910S	41				0.762	+	41
1910S	42				0.765	(3/2, 5/2)+	42
1910S	43				0.765		43
1910S	44				0.789	(17/2-)	44
1910S	45				0.795	(3/2)-	45
1910S	46				0.805	(5/2-, 7/2-)	46
1910S	47				0.815	(1/2, 3/2)-	47
1910S	48				0.820		48
1910S	49				0.824	+	49
1910S	50				0.831		50

1910S	51				0.850		51
1910S	52				0.904		52
1910S	53				0.940		53
1910S	54				0.949	(1/2+, 3/2+)	54
1910S	55				0.959	(1/2, 3/2)-	55
1910S	56				0.965		56
1910S	57				0.975		57
1910S	58				0.981	(19/2+)	58
1910S	59				0.986		59
1910S	60				0.996		60

1910S	61				1.003		61
1910S	62				1.078	(1/2, 3/2)-	62
1910S	63				1.081		63
1910S	64				1.084		64
1910S	65				1.093	(1/2, 3/2)-	65
1910S	66				1.109	(5/2)-	66
1910S	67		1.118	5/2-			67
1910S	68				1.144	(1/2-, 3/2-)	68
1910S	69				1.157	(13/2)+	69
1910S	70				1.167		70

1910S	71				1.177	+	71
1910S	72				1.179		72
1910S	73				1.188		73
1910S	74				1.200	(21/2)+	74
1910S	75				1.202	(1/2-, 3/2)-	75
1910S	76				1.228	(1/2-, 3/2-)	76
1910S	77				1.281	(5/2)+	77
1910S	78				1.298	(1/2, 3/2)-	78
1910S	79				1.342		79
1910S	80				1.357	(1/2-, 3/2-)	80

1910S	81				1.376	(1/2-, 3/2-)	81

1910S	82				1.388	(1/2+,3/2+)	82	
1910S	83				1.405	(1/2-,3/2-)	83	
1910S	84				1.467	(1/2-,3/2-)	84	
1910S	85				1.502	(1/2-,3/2-)	85	
1910S	86				1.530	(23/2)+	86	
1910S	87				1.531	(1/2-,3/2-)	87	
1910S	88				1.552	(1/2-,3/2-)	88	
1910S	89				1.570	(1/2-,3/2-)	89	
1910S	90				1.621	(1/2-,3/2-)	90	

1910S	91				1.630	(1/2-,3/2-)	91	
1910S	92				1.763	(1/2-,3/2-)	92	
1910S	93				1.772	(25/2)+	93	
1910S	94				2.187	(27/2)+	94	
1910S	95				2.640	(29/2,31/2)	95	61 NS4

S-p = 8.101 (0.005)-----
S-n = 5.759 (0.001)-----
S-2p = 15.253 (0.189)-----
S-2n = 13.551 (0.001)-----
S-alpha= -1.084 (0.001)-----

S+p = -5.729 (0.001)
S+n = -7.558 (0.002)
S+2p = -12.662 (0.002)
S+2n = -13.142 (0.002)
S+alpha = 1.176 (0.001)

gap p = 2.372 (0.005)
gap n = -1.800 (0.003)
gap 2p = 2.590 (0.189)
gap 2n = 0.409 (0.003)
gap alpha = 0.092 (0.002)