

$^{193}\text{Os}$        $Z = 76$        $N = 117$       adopted link      ENSDF link

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

BE = 1531.700 ( 0.002) MeV

Qbeta- = 1.142 ( 0.003) MeV

	Energy T	J+	J-	J-other	T1/2
1930S 1			0.000 3/2-		1 29.830 H 18
1930S 2				0.041 (1/2-)	2
1930S 3				0.073 (5/2-)	3
S-alpha=	0.099 ( 0.189)				
1930S 4				0.103 (3/2-)	4
1930S 5				0.234 1/2-,3/2-	5
1930S 6				0.296 (5/2-)	6
1930S 7				0.307 1/2-,3/2-	7
1930S 8				0.316 (9/2-)	8 121 NS 28
1930S 9				0.399 (5/2-)	9
1930S 10				0.435 1/2-,3/2-	10
1930S 11				0.456 (5/2-)	11
1930S 12				0.545 (5/2-,7/2-)	12
1930S 13				0.551	13
1930S 14				0.558	14
1930S 15				0.573	15
1930S 16				0.588	16
1930S 17				0.675	17
1930S 18				0.709 (5/2-,7/2-)	18
1930S 19				0.762 5/2-,7/2-	19
1930S 20				0.789	20
1930S 21				0.868	21
1930S 22				0.889	22
1930S 23				0.889	23
1930S 24				0.905	24
1930S 25				0.952 5/2-,7/2-	25
1930S 26				0.967	26
1930S 27				0.970	27
1930S 28				1.054 1/2-,3/2-	28
1930S 29				1.085 (1/2-,3/2-)	29
1930S 30				1.171 (1/2+,3/2+)	30
1930S 31				1.179 1/2-,3/2-	31
1930S 32				1.185	32
1930S 33				1.196	33
1930S 34				1.205	34
1930S 35				1.217 1/2(-),3/2(-)	35
1930S 36				1.226	36

1930S 37				1.245		37
1930S 38				1.267		38
1930S 39				1.281	1/2-,3/2-	39
1930S 40				1.288	1/2-,3/2-	40
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1930S 41				1.334		41
1930S 42				1.360		42
1930S 43				1.384		43
1930S 44				1.386	1/2(-),3/2(-)	44
1930S 45				1.398		45
1930S 46				1.400		46
1930S 47				1.418		47
1930S 48				1.434		48
1930S 49				1.437	1/2(-),3/2(-)	49
1930S 50				1.446		50
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1930S 51				1.460	5/2-,7/2-	51
1930S 52				1.496	5/2-,7/2-	52
1930S 53				1.497		53
1930S 54				1.502		54
1930S 55				1.504		55
1930S 56				1.516	1/2-,3/2-	56
1930S 57				1.517	5/2-,7/2-	57
1930S 58				1.523		58
1930S 59				1.530		59
1930S 60				1.556		60
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1930S 61				1.566		61
1930S 62				1.591	1/2-,3/2-	62
1930S 63				1.603		63
1930S 64				1.644		64
1930S 65				1.660		65
1930S 66				1.668		66
1930S 67				1.680		67
1930S 68				1.683		68
1930S 69				1.697		69
1930S 70				1.722		70
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1930S 71				1.732		71
1930S 72				1.738		72
1930S 73				1.745		73
1930S 74				1.754		74
1930S 75				1.760		75
1930S 76				1.765		76
1930S 77				1.784		77
1930S 78				1.785		78
1930S 79				1.796		79
1930S 80				1.799		80
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1930S 81				1.802		81

1930S 82			1.805	82
1930S 83			1.827	83
1930S 84			1.831	84
1930S 85			1.831	85
1930S 86			1.838	86
1930S 87			1.847	87
1930S 88			1.849	88
1930S 89			1.854	89
1930S 90			1.863	90
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1930S 91			1.875	91
1930S 92			1.889	92
1930S 93			1.893	93
1930S 94			1.909	94
1930S 95			1.915	95
1930S 96			1.921	96
1930S 97			1.932	97
1930S 98			1.935	98
1930S 99			1.939	99
1930S 100			1.949	100
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1930S 101			1.955	101
1930S 102			1.977	102
1930S 103			1.983	103
1930S 104			1.990	104
1930S 105			2.002	105
1930S 106			2.014	106
1930S 107			2.021	107
1930S 108			2.024	108
1930S 109			2.037	109
1930S 110			2.040	110
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1930S 111			2.048	111
1930S 112			2.051	112
1930S 113			2.053	113
1930S 114			2.060	114
1930S 115			2.064	115
1930S 116			2.068	116
1930S 117			2.077	117
1930S 118			2.078	118
1930S 119			2.081	119
1930S 120			2.090	120
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1930S 121			2.093	121
1930S 122			2.098	122
1930S 123			2.103	123
1930S 124			2.108	124
1930S 125			2.112	125
1930S 126			2.116	126
1930S 127			2.124	127

1930S 128				2.126	128
1930S 129				2.131	129
1930S 130				2.133	130
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1930S 131				2.134	131
1930S 132				2.144	132
1930S 133				2.151	133
1930S 134				2.154	134
1930S 135				2.157	135
1930S 136				2.164	136
1930S 137				2.169	137
1930S 138				2.178	138
1930S 139				2.181	139
1930S 140				2.185	140
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1930S 141				2.190	141
1930S 142				2.192	142
1930S 143				2.195	143
1930S 144				2.205	144
1930S 145				2.219	145
1930S 146				2.220	146
1930S 147				2.222	147
1930S 148				2.225	148
1930S 149				2.231	149
1930S 150				2.235	150
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1930S 151				2.240	151
1930S 152				2.243	152
1930S 153				2.246	153
1930S 154				2.249	154
1930S 155				2.251	155
1930S 156				2.256	156
1930S 157				2.258	157
1930S 158				2.279	158
1930S 159				2.285	159
1930S 160				2.290	160
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1930S 161				2.294	161
1930S 162				2.297	162
1930S 163				2.310	163
1930S 164				2.316	164
1930S 165				2.320	165
1930S 166				2.326	166
1930S 167				2.333	167
1930S 168				2.340	168
1930S 169				2.343	169
1930S 170				2.348	170
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1930S 171				2.350	171
1930S 172				2.361	172

1930S 173			2.364	173
1930S 174			2.368	174
1930S 175			2.373	175
1930S 176			2.381	176
1930S 177			2.389	177
1930S 178			2.396	178
1930S 179			2.407	179
1930S 180			2.414	180
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1930S 181			2.421	181
1930S 182			2.427	182
1930S 183			2.431	183
1930S 184			2.433	184
1930S 185			2.438	185
1930S 186			2.443	186
1930S 187			2.447	187
1930S 188			2.450	188
1930S 189			2.458	189
1930S 190			2.462	190
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1930S 191			2.468	191
1930S 192			2.470	192
1930S 193			2.484	193
1930S 194			2.487	194
1930S 195			2.490	195
1930S 196			2.495	196
1930S 197			2.500	197
1930S 198			2.503	198
1930S 199			2.506	199
1930S 200			2.508	200
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1930S 201			2.512	201
1930S 202			2.514	202
1930S 203			2.519	203
1930S 204			2.528	204
1930S 205			2.531	205
1930S 206			2.534	206
1930S 207			2.542	207
1930S 208			2.548	208
1930S 209			2.551	209
1930S 210			2.555	210
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1930S 211			2.558	211
1930S 212			2.560	212
1930S 213			2.567	213
1930S 214			2.578	214
1930S 215			2.580	215
1930S 216			2.585	216
1930S 217			2.597	217
1930S 218			2.603	218

1930S 219				2.607	219
1930S 220				2.611	220
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1930S 221				2.615	221
1930S 222				2.629	222
1930S 223				2.632	223
1930S 224				2.638	224
1930S 225				2.657	225
1930S 226				2.662	226
1930S 227				2.671	227
1930S 228				2.680	228
1930S 229				2.687	229
1930S 230				2.690	230
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1930S 231				2.694	231
1930S 232				2.697	232
1930S 233				2.700	233
1930S 234				2.704	234
1930S 235				2.709	235
1930S 236				2.715	236
1930S 237				2.717	237
1930S 238				2.720	238
1930S 239				2.724	239
1930S 240				2.728	240
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1930S 241				2.732	241
1930S 242				2.734	242
1930S 243				2.738	243
1930S 244				2.742	244
1930S 245				2.747	245
1930S 246				2.750	246
1930S 247				2.753	247
1930S 248				2.758	248
1930S 249				2.762	249
1930S 250				2.765	250
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1930S 251				2.774	251
1930S 252				2.779	252
1930S 253				2.782	253
1930S 254				2.784	254
1930S 255				2.792	255
1930S 256				2.798	256
1930S 257				2.806	257
1930S 258				2.812	258
1930S 259				2.823	259
1930S 260				2.830	260
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1930S 261				2.834	261
1930S 262				2.856	262
1930S 263				2.864	263

1930S 264			2.870	264
1930S 265			2.876	265
1930S 266			2.880	266
1930S 267			2.887	267
1930S 268			2.904	268
1930S 269			2.909	269
1930S 270			2.913	270
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1930S 271			2.918	271
1930S 272			2.972	272
1930S 273			2.980	273
1930S 274			2.987	274
1930S 275			3.002	275
1930S 276			3.007	276
1930S 277			3.010	277

S-p = 9.094 ( 0.071)-----  
S-n = 5.583 ( 0.003)-----  
S-2p = 16.796 ( 0.042)-----  
S-2n = 13.142 ( 0.002)-----  
S-alpha= 0.099 ( 0.189)-----

S+p = -6.426 ( 0.003)  
S+n = -7.112 ( 0.003)  
S+2p = -13.978 ( 0.002)  
S+2n = -12.260 ( 0.056)  
S+alpha = 0.550 ( 0.002)

gap p = 2.668 ( 0.071)  
gap n = -1.529 ( 0.005)  
gap 2p = 2.818 ( 0.042)  
gap 2n = 0.882 ( 0.056)  
gap alpha = 0.648 ( 0.189)