

$^{196}\text{Os}$        $Z = 76$        $N = 120$       adopted link      ENSDF link

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

BE = 1550.797 ( 0.040) MeV

Qbeta- = 1.158 ( 0.056) MeV

	Energy T	J+	J-	J-other	T1/2
1960S 1	0.000	0+			1 34.9 M 2
1960S 2				0.324 (2+)	2
1960S 3				0.791 (4+)	3
S-alpha=	1.093 ( 0.196)				
1960S 4				1.431 (6+)	4

S-p = 10.102 ( 0.392)-----

S-n = 6.837 ( 0.069)-----

S-2p = 18.391 ( 0.390)-----

S-2n = 11.985 ( 0.040)-----

S-alpha= 1.093 ( 0.196)-----

S+p = -7.276 ( 0.045)

S+n = -4.912 ( 0.201)

S+2p = -16.205 ( 0.040)

S+2n = -11.423 ( 0.202)

S+alpha = -0.747 ( 0.045)

gap p = 2.826 ( 0.395)

gap n = 1.925 ( 0.212)

gap 2p = 2.186 ( 0.392)

gap 2n = 0.562 ( 0.206)

gap alpha = 0.347 ( 0.201)