

^{196}Os $Z = 76$ $N = 120$ [link to full NNDC output](#)

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

BE = 1550.797 (0.040) MeV

Qbeta- = 1.158 (0.055) 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
1960S	4			1.431 (6+)	4

S-p = 0.000 (0.000)-----
 S-n = 6.837 (0.069)-----
 S-2p = 0.000 (0.000)-----
 S-2n = 11.985 (0.040)-----
 S-alpha= 0.000 (0.000)-----

S+p = -7.276 (0.045)
 S+n = 0.000 (0.000)
 S+2p = -16.205 (0.040)
 S+2n = 0.000 (0.000)
 S+alpha = -0.747 (0.045)

gap p = 0.000 (0.000)
 gap n = 0.000 (0.000)
 gap 2p = 0.000 (0.000)
 gap 2n = 0.000 (0.000)
 gap alpha = 0.000 (0.000)