

¹⁹⁹Os Z = 76 N = 123 adopted link ENSDF link

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

BE = 1566.926 (-0.199) MeV

Qbeta- = 4.206 (0.203) MeV

	Energy T	J+	J-	J-other	T1/2
1990S	1			0.000	1 5 S +4-2
S-p	= 10.448	(-0.443)	-----		
S-n	= 4.706	(-0.281)	-----		
S-2p	= 19.885	(-0.441)	-----		
S-2n	= 11.217	(-0.280)	-----		
S-alpha	= 1.835	(-0.438)	-----		
S+p	= -8.674	(-0.282)			
S+n	= -6.474	(-0.282)			
S+2p	= -18.126	(-0.205)			
S+2n	= -10.723	(-0.283)			
S+alpha	= -1.779	(-0.284)			
gap p	= 1.774	(0.525)			
gap n	= -1.768	(0.398)			
gap 2p	= 1.759	(0.487)			
gap 2n	= 0.494	(0.398)			
gap alpha	= 0.056	(0.522)			