

^{176}Pt $Z = 78$ $N = 98$ [link to full NNDC output](#)

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

BE = 1388.463 (0.013) MeV

Qbeta+ = 4.944 (0.021) MeV

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

S-alpha=	-5.885	(0.018)	-----		
176PT 1	0.000	0+			1 6.33 S 15
176PT 2	0.264	2+			2 76 PS 7
176PT 3	0.443	0+			3 0.7 NS LT
176PT 4	0.564	4+			4 22.2 PS 20
176PT 5	0.906	6+			5 11.2 PS 10
176PT 6	1.306	8+			6 4.7 PS 6
176PT 7				1.699 5(-)	7
176PT 8				1.736 4(-)	8
176PT 9	1.765	10+			9
176PT 10				2.004 6(-)	10

176PT 11				2.011 7(-)	11
176PT 12	2.277	12+			12
176PT 13				2.319 8(-)	13
176PT 14				2.373 9(-)	14
176PT 15				2.689 10(-)	15
176PT 16				2.787 11(-)	16
S-p =	2.828	(0.018)	-----		
176PT 17	2.833	14+			17
176PT 18				3.092 12(-)	18
176PT 19				3.253 13(-)	19
176PT 20	3.424	16+			20

S-2p =	3.516	(0.016)	-----		
176PT 21				3.539 14(-)	21
176PT 22				3.764 15(-)	22
176PT 23				4.030 16(-)	23
176PT 24	4.042	18+			24
176PT 25				4.321 17(-)	25
176PT 26	4.690	20+			26
176PT 27	5.377	22+			27
176PT 28	6.107	24+			28
176PT 29	6.879	26+			29

S-p =	2.828	(0.018)	-----		
S-n =	11.292	(0.022)	-----		
S-2p =	3.516	(0.016)	-----		
S-2n =	19.758	(0.016)	-----		

S-alpha= -5.885 (0.018)-----

S+p = 0.100 (0.016)

S+n = -8.508 (0.020)

S+2p = -1.960 (0.017)

S+2n = -19.206 (0.016)

S+alpha = 6.259 (0.018)

gap p = 2.928 (0.024)

gap n = 2.784 (0.030)

gap 2p = 1.556 (0.023)

gap 2n = 0.552 (0.023)

gap alpha = 0.374 (0.025)