

^{176}Hg $Z = 80$ $N = 96$ [link to full NNDC output](#)

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

BE = 1369.749 (0.011) MeV

Qbeta+ = 6.736 (0.035) MeV

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

S-alpha=	-6.897 (0.015)				
176HG 1	0.000	0+			1 20.3 MS 14
176HG 2	0.613	2+			2
S-2p =	1.045 (0.015)				
176HG 3	1.370	4+			3
S-p =	1.670 (0.040)				
176HG 4	1.921	6+			4
176HG 5				2.374 (8+)	5
176HG 6				2.451	6
176HG 7				2.852	7
176HG 8				2.874 (10+)	8

S-p = 1.670 (0.040)-----
S-n = 11.884 (0.074)-----
S-2p = 1.045 (0.015)-----
S-2n = 21.286 (0.022)-----
S-alpha= -6.897 (0.015)-----

S+p = 1.156 (0.024)
S+n = -9.069 (0.076)
S+2p = 0.781 (0.026)
S+2n = -20.674 (0.016)
S+alpha = 7.419 (0.017)

gap p = 2.825 (0.047)
gap n = 2.815 (0.106)
gap 2p = 1.826 (0.030)
gap 2n = 0.613 (0.027)
gap alpha = 0.522 (0.023)