

$^{196}\text{Hg}$        $Z = 80$        $N = 116$       [link to full NNDC output](#)

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

BE = 1551.216 ( 0.003) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-2.037	( 0.004)			
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196HG 1	0.000	0+			1 STABLE
196HG 2	0.426	2+			2 17.2 PS 6
196HG 3				0.958 1,2+	3
196HG 4				1.037 1+,2+	4
196HG 5	1.061	4+			5
196HG 6	1.319	0+			6
196HG 7				1.391 (2+,3+,4+)	7
196HG 8	1.451	0+			8
196HG 9	1.644	0+			9
196HG 10				1.696 (2+,3,4+)	10
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196HG 11			1.757 5-		11 0.555 NS 17
196HG 12				1.775 2+,3,4+	12
196HG 13				1.785 (6+)	13
196HG 14				1.815 (2+,3+)	14
196HG 15			1.841 7-		15 5.22 NS 16
196HG 16				1.845 1,2+	16
196HG 17				1.922 (2+,3+)	17
196HG 18				1.979 1,2+	18
196HG 19				1.986 1+,2,3,4+	19
196HG 20				1.988 (2+,3,4+)	20
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196HG 21				2.013 (2)+	21
196HG 22				2.044	22
196HG 23				2.058 (6-)	23
196HG 24			2.064 9-		24 0.355 NS 18
196HG 25				2.098 (8-)	25
196HG 26				2.263 (8+)	26
196HG 27				2.342 (10+)	27 4.83 NS 19
196HG 28				2.346 (5-,6,7-)	28
196HG 29				2.359 (8-)	29
196HG 30				2.439 (12+)	30 3.5 NS 1
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196HG 31				2.455 (1,2+)	31
196HG 32				2.496 (2+,3)	32
196HG 33				2.554 (10-)	33
196HG 34				2.621 (11-)	34
196HG 35				2.654 (1+,2,3)	35
196HG 36				2.844 (14+)	36
196HG 37				2.930 (10-)	37

196HG	38				2.977	(+)	38
196HG	39	3.000	0+				39
196HG	40				3.164	(2+,3,4+)	40
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196HG	41				3.200	(+)	41
196HG	42				3.237	(12-)	42
196HG	43				3.311	(13-)	43
196HG	44				3.402	(+)	44
196HG	45				3.507	(16+)	45
196HG	46				3.684	(+)	46
196HG	47				3.697	(15-)	47
196HG	48				3.792	(15+)	48
196HG	49				3.976	(17-)	49
196HG	50				4.321	(18+)	50
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196HG	51				4.388	(19-)	51
196HG	52				5.038	(21-)	52
196HG	53				5.199	(20+)	53
196HG	54				5.350	(20)	54
196HG	55				5.616	(21)	55
196HG	56				5.846	(22+)	56
196HG	57				5.859	(22)	57
196HG	58				5.958	(23-)	58
196HG	59				6.443	(22+)	59
196HG	60				6.499	(24+)	60
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S-p	=	6.548	( 0.003)	-----			
196HG	61				6.600	(23+)	61
196HG	62				6.702	(24+)	62
196HG	63				6.959	(25+)	63
196HG	64				7.137	(26+)	64
196HG	65				7.326	(26+)	65
196HG	66				7.506	(27+)	66
196HG	67				7.794	(28+)	67
196HG	68				8.255	(29+)	68
196HG	69				8.652	(30+)	69
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S-p	=	6.548	( 0.003)	-----			
S-n	=	8.884	( 0.023)	-----			
S-2p	=	11.644	( 0.003)	-----			
S-2n	=	15.785	( 0.004)	-----			
S-alpha	=	-2.037	( 0.004)	-----			
S+p	=	-3.805	( 0.017)				
S+n	=	-6.786	( 0.004)				
S+2p	=	-8.819	( 0.009)				
S+2n	=	-15.271	( 0.003)				
S+alpha	=	3.150	( 0.011)				

gap p = 2.743 ( 0.017)  
gap n = 2.098 ( 0.024)  
gap 2p = 2.824 ( 0.010)  
gap 2n = 0.514 ( 0.005)  
gap alpha = 1.113 ( 0.012)