

$^{189}\text{Po}$        $Z = 84$        $N = 105$       adopted link      ENSDF link

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

BE = 1461.184 ( 0.022) MeV

Qbeta+ = 8.643 ( 0.030) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-7.694	( 0.027)	-----		
189PO 1				0.000 (5/2-)	1 3.5 MS 5
189PO 2				0.194 (3/2-,5/2-,7/2-)	2

S-p = 1.516 ( 0.025)-----  
 S-n = 8.949 ( 0.030)-----  
 S-2p = 1.013 ( 0.023)-----  
 S-2n = 20.388 ( 0.039)-----  
 S-alpha= -7.694 ( 0.027)-----

S+p = 0.000 ( 0.000)  
 S+n = -11.212 ( 0.026)  
 S+2p = 0.000 ( 0.000)  
 S+2n = -19.789 ( 0.023)  
 S+alpha = 8.040 ( 0.033)

gap p = 0.000 ( 0.000)  
 gap n = -2.263 ( 0.039)  
 gap 2p = 0.000 ( 0.000)  
 gap 2n = 0.599 ( 0.046)  
 gap alpha = 0.346 ( 0.043)