

$^{190}\text{Po}$        $Z = 84$        $N = 106$       adopted link      ENSDF link

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

BE = 1472.396 ( 0.013) MeV

Qbeta+ = 6.033 ( 0.025) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-7.693	( 0.017)	-----		
190PO	1   0.000	0+			1 2.45 MS 5
190PO	2			0.234 (2+)	2
190PO	3			0.532 (4+)	3
190PO	4			0.902 (6+)	4
S-2p =	1.330	( 0.017)	-----		
190PO	5			1.339 (8+)	5
S-p =	1.787	( 0.025)	-----		
190PO	6			1.837 (10+)	6
190PO	7			2.402 (12+)	7
190PO	8			3.040 (14+)	8

S-p = 1.787 ( 0.025)-----  
S-n = 11.212 ( 0.026)-----  
S-2p = 1.330 ( 0.017)-----  
S-2n = 20.161 ( 0.024)-----  
S-alpha= -7.693 ( 0.017)-----

S+p = 1.138 ( 0.021)  
S+n = -8.577 ( 0.015)  
S+2p = 0.000 ( 0.000)  
S+2n = -19.646 ( 0.017)  
S+alpha = 7.862 ( 0.021)

gap p = 2.925 ( 0.032)  
gap n = 2.635 ( 0.030)  
gap 2p = 0.000 ( 0.000)  
gap 2n = 0.515 ( 0.029)  
gap alpha = 0.169 ( 0.027)