

^{196}Po $Z = 84$ $N = 112$ adopted link ENSDF link

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

BE = 1529.730 (0.005) MeV

Qbeta+ = 4.540 (0.025) MeV

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

S-alpha=	-6.658	(0.008)	-----					
196PO 1	0.000	0+						1 5.8 S 2
196PO 2	0.463	2+						2
196PO 3	0.558	0+						3
196PO 4	0.859	2+						4 12 NS LT
196PO 5	0.891	4+						5
196PO 6	1.388	4+						6
196PO 7	1.390	6+						7
196PO 8						1.525		8
196PO 9				1.802		5-		9
196PO 10						1.907		10

196PO 11	1.940	8+						11
196PO 12	1.974	8+						12
196PO 13				2.039		7-		13
196PO 14				2.293		9-		14
196PO 15						2.305		15
196PO 16				2.494		11-		16 856 NS 17
196PO 17	2.591	10+						17
196PO 18						2.651		18

S-p	= 2.732	(0.008)	-----					
196PO 19						2.779	(10+)	19
196PO 20						2.979	11(-)	20

196PO 21						3.084		21
196PO 22						3.344	(12+)	22
196PO 23						3.610		23
196PO 24						3.647	13(-)	24

S-p = 2.732 (0.008)-----

S-n = 10.423 (0.008)-----

S-2p = 3.839 (0.018)-----

S-2n = 18.607 (0.014)-----

S-alpha= -6.658 (0.008)-----

S+p = -0.176 (0.010)

S+n = -7.995 (0.011)

S+2p = -2.339 (0.014)

S+2n = -18.147 (0.018)

S+alpha = 7.043 (0.008)

gap p = 2.557 (0.012)

gap n = 2.428 (0.014)

gap 2p = 1.499 (0.023)

gap 2n = 0.460 (0.023)

gap alpha = 0.385 (0.011)