

$^{196}\text{Po}$        $Z = 84$        $N = 112$       [link to full NNDC output](#)

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

BE = 1529.734 ( 0.014) MeV

Qbeta+ = 4.536 ( 0.028) MeV

	Energy T	J+		J-		J-other		T1/2
-----								
S-alpha=	-6.658	( 0.019)	-----					
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 =	2.736	( 0.015)	-----					
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 = 2.736 ( 0.015)-----  
 S-n = 10.488 ( 0.040)-----  
 S-2p = 3.843 ( 0.022)-----  
 S-2n = 18.611 ( 0.019)-----  
 S-alpha= -6.658 ( 0.019)-----

S+p = -0.171 ( 0.016)  
 S+n = -7.956 ( 0.051)  
 S+2p = -2.335 ( 0.019)  
 S+2n = -18.143 ( 0.022)

S+alpha = 7.043 ( 0.019)

gap p = 2.565 ( 0.021)

gap n = 2.532 ( 0.065)

gap 2p = 1.508 ( 0.029)

gap 2n = 0.468 ( 0.029)

gap alpha = 0.385 ( 0.027)