

^{199}Po $Z = 84$ $N = 115$ adopted link ENSDF link

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

BE = 1555.714 (0.005) MeV
Qbeta+ = 5.559 (0.012) MeV

	Energy	T	J+	J-	J-other	T1/2
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S-alpha=	-6.074 (0.007)					
199PO	1				0.000 (3/2-)	1 5.47 M 15
199PO	2				0.072 (5/2-)	2
199PO	3				0.310 (13/2+)	3 4.17 M 5
199PO	4				0.909 (17/2+)	4
199PO	5				1.025 (15/2+)	5
199PO	6				1.472 (21/2+)	6
199PO	7				1.602 (19/2+)	7
199PO	8				1.728	8
199PO	9				1.870 (25/2+)	9
199PO	10				1.892 (21/2+)	10
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199PO	11				2.104 (25/2+)	11
199PO	12				2.177 (23/2)	12
199PO	13				2.271 (27/2)	13
199PO	14				2.298 (25/2+)	14
199PO	15				2.353 (27/2)	15
199PO	16				2.700	16
199PO	17				2.721 (29/2+)	17
199PO	18				2.722 (27/2+)	18
199PO	19				2.762 (29/2+)	19
199PO	20				2.978 (31/2+, 29/2-)	20
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199PO	21				3.008 (31/2)	21
199PO	22				3.146 (33/2+)	22
S-p	= 3.154 (0.028)					
199PO	23				3.409 (33/2+)	23
199PO	24				3.557 (35/2+, 33/2-)	24
199PO	25				3.647	25
199PO	26				3.686 (37/2+)	26
199PO	27				3.931	27
199PO	28				0.000 (3/2-)	28
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S-p	= 3.154 (0.028)					
S-n	= 7.837 (0.018)					
S-2p	= 5.071 (0.007)					
S-2n	= 17.989 (0.011)					
S-alpha=	-6.074 (0.007)					

S+p = -1.038 (0.025)
S+n = -9.774 (0.009)
S+2p = -3.447 (0.011)
S+2n = -17.425 (0.007)
S+alpha = 6.630 (0.008)

gap p = 2.116 (0.038)
gap n = -1.937 (0.020)
gap 2p = 1.625 (0.014)
gap 2n = 0.563 (0.013)
gap alpha = 0.556 (0.011)