

$^{200}\text{Po}$        $Z = 84$        $N = 116$       [link to full NNDC output](#)

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

BE = 1565.488 ( 0.008) MeV

Qbeta+ = 3.429 ( 0.024) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-5.982	( 0.011)	-----		
200PO 1	0.000	0+			1 11.51 M 8
200PO 2	0.666	2+			2
200PO 3	1.137	0+			3
200PO 4	1.277	4+			4
200PO 5	1.392	2+			5
200PO 6				1.652 (1,2,3)+	6
200PO 7	1.761	6+			7
200PO 8				1.773 (3,4,5)+	8
200PO 9	1.774	8+			9 61 NS 3
200PO 10				1.776	10
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200PO 11				1.791	11
200PO 12			1.811 5-		12
200PO 13				1.851	13
200PO 14				1.883 (3,4,5)+	14
200PO 15				2.086 (2,6)+	15
200PO 16			2.135 7-		16
200PO 17				2.221 (4,5,6)-	17
200PO 18				2.236 (8-)	18
200PO 19			2.261 9-		19 2 NS LT
200PO 20				2.330	20
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200PO 21				2.338 (7,8,9)+	21
200PO 22				2.361	22
200PO 23				2.415 (5)-	23
200PO 24				2.462 (5,6,7)+	24
200PO 25				2.462 (4,5,6)-	25
200PO 26			2.596 11-		26 100 NS 10
200PO 27				2.681 (8)	27
200PO 28				2.716 (10+)	28
200PO 29	2.805	10+			29
200PO 30				2804.5+X	30 268 NS 3
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200PO 31			2.963 11-		31
200PO 32				3.227 (11)	32
200PO 33				3371.60+X	33
S-p	= 3.433	( 0.013)	-----		
200PO 34			3.502 13-		34
200PO 35				3.625 (12,13,14)	35 2 NS LT

200P0	36			3.690	(15-)	36	2 NS	LT
200P0	37			3944.60+X		37		
200P0	38			4125.8+X		38		
200P0	39			4.172	(16)	39		
200P0	40			4307.9+X		40		
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200P0	41			4446.6+X		41		
200P0	42			4670.3+X		42		
200P0	43			4702.0+X		43		
200P0	44			5226.9+X		44		

S-p = 3.433 ( 0.013)-----  
 S-n = 9.805 ( 0.020)-----  
 S-2p = 5.452 ( 0.012)-----  
 S-2n = 17.611 ( 0.019)-----  
 S-alpha= -5.982 ( 0.011)-----

S+p = -1.137 ( 0.011)  
 S+n = -7.651 ( 0.009)  
 S+2p = -3.911 ( 0.019)  
 S+2n = -17.143 ( 0.012)  
 S+alpha = 6.547 ( 0.011)

gap p = 2.296 ( 0.017)  
 gap n = 2.154 ( 0.022)  
 gap 2p = 1.541 ( 0.022)  
 gap 2n = 0.468 ( 0.022)  
 gap alpha = 0.565 ( 0.015)