

$^{200}\text{Po}$        $Z = 84$        $N = 116$       adopted link      ENSDF link

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

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

S-p = 3.433 ( 0.013)-----

S-n = 9.774 ( 0.009)-----

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 = -17.142 ( 0.012)  
S+alpha = 6.547 ( 0.011)

gap p = 2.296 ( 0.017)  
gap n = 2.123 ( 0.013)  
gap 2p = 1.541 ( 0.022)  
gap 2n = 0.469 ( 0.022)  
gap alpha = 0.565 ( 0.015)