

$^{210}\text{Po}$        $Z = 84$        $N = 126$       adopted link      ENSDF link

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

BE      =      1645.213 ( 0.001) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-5.407	( 0.002)	-----		
210Po 1	0.000	0+			1 138.376 D 2
210Po 2	1.181	2+			2 5.9 PS 12
210Po 3	1.427	4+			3 1.56 NS 6
210Po 4	1.473	6+			4 42.6 NS 10
210Po 5	1.557	8+			5 98.9 NS 25
210Po 6	2.188	8+			6
210Po 7	2.290	2+			7
210Po 8	2.326	6+			8
210Po 9	2.383	4+			9
210Po 10			2.387	3-	10 0.3 PS AP
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210Po 11	2.394	1+			11
210Po 12	2.403	5+			12
210Po 13	2.414	3+			13
210Po 14	2.438	7+			14
210Po 15	2.609	0+			15
210Po 16				2.658	16
210Po 17				2.846	(3)- 17
210Po 18			2.849	11-	18 19.6 NS 4
210Po 19				2.872	19
210Po 20			2.910	5-	20
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210Po 21				2.999	(9)- 21
210Po 22				3.016	(7)- 22
210Po 23				3.024	(2)- 23
210Po 24			3.026	5-	24
210Po 25				3.075	(4)- 25
210Po 26	3.095	4+			26
210Po 27			3.112	4-	27
210Po 28				3.125	(6)- 28
210Po 29				3.138	(8)- 29
210Po 30			3.183	10-	30
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210Po 31				3.219	(6)+ 31
210Po 32			3.429	5-	32
210Po 33				3.477	33
210Po 34			3.525	6-	34
210Po 35				3.637	35
210Po 36			3.685	7-	36
210Po 37				3.694	37

210P0	38			3.700	5-				38
210P0	39					3.711	(5-)		39
210P0	40					3.727	(6)-		40
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210P0	41					3.780	(4,5)-		41
210P0	42			3.780	7-				42
210P0	43					3.792	(2+)		43
210P0	44					4.026	(7,8,9-)		44
210P0	45					4.029	(4+)		45
210P0	46					4.043			46
210P0	47					4.105			47
210P0	48					4.141	(6+)		48
210P0	49					4.145	(10)-		49
210P0	50					4.237			50
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210P0	51					4.320	(3+)		51
210P0	52					4.324	(11-)		52
210P0	53					4.330			53
210P0	54					4.346			54
210P0	55			4.372	13-				55 54.4 NS 24
210P0	56					4.382	(5+)		56
210P0	57					4.387			57
210P0	58					4.470	(6+)		58
210P0	59					4.503	(12-)		59
210P0	60					4.542	(4+)		60
-----									
210P0	61					4.554	(7+)		61
210P0	62					4.593			62
210P0	63					4.622	(3+)		63
210P0	64					4.624	(5+)		64
210P0	65					4.638			65
210P0	66					4.645	(6+)		66
210P0	67					4.660			67
210P0	68			4.777	14-				68
210P0	69					4.948			69
210P0	70					4.971	(11-,12-)		70
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210P0	71					4.974			71
S-p	=	4.984	(	0.002)	-----				
210P0	72					4.991			72
210P0	73					4.998			73
210P0	74					5.041			74
210P0	75	5.058	16+						75 263 NS 5
210P0	76					5.186			76
210P0	77					5.270			77
210P0	78					5.615	(17+)		78
210P0	79					6.070	(17+)		79
210P0	80					6.085	(18+)		80
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210P0	81					6.343	(19-)		81

210P0	82				6.385	(18-)	82		
210P0	83				6.422	(18)	83		
210P0	84				6.714	(19+)	84		
210P0	85				6.984	(20-)	85		
210P0	86				6.995	(20-)	86		
S-n	=	7.659	( 0.002)	-----					
210P0	87				7.720	(21-)	87		
210P0	88				7.989	(21)	88		
210P0	89				8.074	(23+)	89	9.0 NS	14
S-2p	=	8.782	( 0.002)	-----					
210P0	90				8.831	(24+)	90		
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210P0	91				8.894	(23)	91		
210P0	92				9.199	(25)	92		
210P0	93				9.421	(25)	93		
210P0	94				9.465	(25)	94		
210P0	95				9.535	(26)	95		
210P0	96				9.567	(26)	96		
210P0	97				9.582	(26)	97		
210P0	98				9.590	(26)	98		

S-p = 4.984 ( 0.002)-----  
S-n = 7.659 ( 0.002)-----  
S-2p = 8.782 ( 0.002)-----  
S-2n = 14.626 ( 0.002)-----  
S-alpha= -5.407 ( 0.002)-----

S+p = -2.983 ( 0.003)  
S+n = -4.551 ( 0.002)  
S+2p = -7.284 ( 0.003)  
S+2n = -10.559 ( 0.002)  
S+alpha = 9.208 ( 0.009)

gap p = 2.000 ( 0.003)  
gap n = 3.108 ( 0.003)  
gap 2p = 1.498 ( 0.004)  
gap 2n = 4.068 ( 0.003)  
gap alpha = 3.801 ( 0.009)