

$^{216}\text{Po}$        $Z = 84$        $N = 132$       [link to full NNDC output](#)

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

BE = 1675.905 ( 0.002) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-6.906	( 0.003)	-----		
216Po 1	0.000	0+			1    0.145 S 2
216Po 2	0.550	2+			2
216Po 3				0.969 (4+)	3
216Po 4				1.328 (6+)	4
216Po 5				1.552 (8+)	5
216Po 6				1.700	6
216Po 7				1.803	7
216Po 8				1.874	8
216Po 9				1.980	9
216Po 10				2.039	10
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216Po 11				2.234	11

S-p = 7.136 ( 0.006)-----  
 S-n = 5.747 ( 0.003)-----  
 S-2p = 12.613 ( 0.003)-----  
 S-2n = 9.890 ( 0.002)-----  
 S-alpha= -6.906 ( 0.003)-----

S+p = -4.677 ( 0.005)  
 S+n = -3.970 ( 0.007)  
 S+2p = -11.143 ( 0.003)  
 S+2n = -9.568 ( 0.003)  
 S+alpha = 6.405 ( 0.002)

gap p = 2.459 ( 0.008)  
 gap n = 1.777 ( 0.007)  
 gap 2p = 1.470 ( 0.004)  
 gap 2n = 0.322 ( 0.003)  
 gap alpha = -0.502 ( 0.004)