

$^{216}\text{Po}$        $Z = 84$        $N = 132$       adopted link    ENSDF link

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

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 ( 0.003)

gap p    =    2.459 ( 0.008)  
 gap n    =    1.777 ( 0.007)  
 gap 2p   =    1.470 ( 0.004)  
 gap 2n   =    0.322 ( 0.004)  
 gap alpha = -0.501 ( 0.004)