

<sup>196</sup>W      Z = 74      N = 122      adopted link      ENSDF link

Based on ensdf\_240402 (Apr 2024), and mass evaluation from 2020

BE = 1542.912 (-0.392) MeV

Qbeta- = 3.526 ( 0.554) MeV

	Energy T	J+	J-	J-other	T1/2
-----	-----	-----	-----	-----	-----
196W	1   0.000	0+			1 160 NS GT

S-p = 0.000 (-0.000) -----  
S-n = 6.117 (-0.553) -----  
S-2p = 0.000 (-0.000) -----  
S-2n = 10.506 (-0.552) -----  
S-alpha= 0.000 (-0.000) -----

S+p = -8.857 (-0.556)  
S+n = -4.129 (-0.556)  
S+2p = -19.308 (-0.439)  
S+2n = 0.000 (-0.000)  
S+alpha = -2.192 (-0.440)

gap p = 0.000 ( 0.000)  
gap n = 1.988 ( 0.784)  
gap 2p = 0.000 ( 0.000)  
gap 2n = 0.000 ( 0.000)  
gap alpha = 0.000 ( 0.000)