

$^{176}\text{Os}$        $Z = 76$        $N = 100$       adopted link      ENSDF link

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

BE = 1403.225 ( 0.011) MeV

Qbeta+ = 2.932 ( 0.030) MeV

	Energy T	J+		J-		J-other	T1/2
-----							
S-alpha=	-4.541	( 0.030)	-----				
-----							
1760S 1	0.000	0+					1    3.6 M    5
1760S 2	0.135	2+					2
1760S 3	0.396	4+					3
1760S 4	0.601	0+					4
1760S 5	0.742	2+					5
1760S 6	0.743	6+					6
1760S 7	0.864	2+					7
1760S 8	1.026	4+					8
1760S 9	1.038	3+					9
1760S 10	1.158	8+					10
-----							
1760S 11	1.224	4+					11
1760S 12				1.350	(3)-		12
1760S 13	1.410	5+					13
1760S 14	1.432	6+					14
1760S 15				1.475	(4)-		15
1760S 16				1.517	(5)-		16
1760S 17	1.634	10+					17
1760S 18				1.708	(6)-		18
1760S 19				1.754	(7)-		19
1760S 20						1.930	20
-----							
1760S 21						1.979 (7)	21
1760S 22				2.021	(8)-		22
1760S 23				2.076	(9)-		23
1760S 24						2.103	24
1760S 25						2.139	25
1760S 26	2.168	12+					26
1760S 27						2.265 (9)	27
1760S 28				2.395	(10)-		28
1760S 29				2.474	(11)-		29
1760S 30	2.571	(12+)					30
-----							
1760S 31						2.622 (11)	31
1760S 32	2.755	14+					32
1760S 33				2.818	(12)-		33
1760S 34				2.938	(13)-		34
1760S 35						3.051 (13)	35

1760S	36				3.295	(14-)			36
1760S	37		3.382	16+					37
1760S	38					3.457	(15-)		38
1760S	39								3.547 (15)
1760S	40		3.567	(16+)					40
-----									
1760S	41					3.829	(16-)		41
1760S	42		4.019	18+					42
1760S	43					4.024	(17-)		43
1760S	44								4.100 (17)
S-p	=		4.132	( 0.030)	-----				
1760S	45		4.177	(18+)					45
1760S	46					4.420	(18-)		46
1760S	47					4.635	(19-)		47
1760S	48		4.683	(20+)					48
1760S	49								4.699 (19)
1760S	50					5.043	(20-)		50
-----									
1760S	51					5.287	(21-)		51
1760S	52								5.349 (21)
1760S	53		5.399	(22+)					53
1760S	54					5.976	(23-)		54
1760S	55								6.057 (23)
1760S	56		6.147	(24+)					56
S-2p	=		6.482	( 0.030)	-----				
1760S	57					6.683	(25-)		57

S-p = 4.132 ( 0.030) -----  
S-n = 10.097 ( 0.016) -----  
S-2p = 6.482 ( 0.030) -----  
S-2n = 18.278 ( 0.015) -----  
S-alpha= -4.541 ( 0.030) -----

S+p = -1.205 ( 0.023)  
S+n = -7.897 ( 0.018)  
S+2p = -4.444 ( 0.015)  
S+2n = -17.556 ( 0.017)  
S+alpha = 5.276 ( 0.015)

gap p = 2.926 ( 0.038)  
gap n = 2.200 ( 0.024)  
gap 2p = 2.038 ( 0.034)  
gap 2n = 0.723 ( 0.023)  
gap alpha = 0.735 ( 0.033)