

${}^7\text{He}$ $Z = 2$ $N = 5$ adopted link ENSDF link

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

BE = 28.861 (0.008) MeV

Qbeta- = 11.166 (0.008) MeV

	Energy T	J+	J-	J-other	T1/2

S-n	= -0.410 (0.008)				
7HE	1			0.000 3/2 (3/2)-	1 150 KEV 20
S-2n	= 1.301 (0.021)				
7HE	2			2.920 3/2 (5/2-)	2 1.99 MEV 17
7HE	3			5.800	3 4 MEV 1
7HE	4			2.900 (5/2-)	4 2.2 MEV 3

S-p	= 23.092 (0.254)				
S-n	= -0.410 (0.008)				
S-2p	= 0.000 (0.000)				
S-2n	= 1.301 (0.021)				
S-alpha	= 0.000 (0.000)				

S+p	= -12.416 (0.008)				
S+n	= -2.535 (0.008)				
S+2p	= -29.303 (0.008)				
S+2n	= -1.280 (0.047)				
S+alpha	= -8.321 (0.008)				

gap p	= 10.675 (0.254)				
gap n	= -2.944 (0.011)				
gap 2p	= 0.000 (0.000)				
gap 2n	= 0.021 (0.052)				
gap alpha	= 0.000 (0.000)				