^{7}Be $Z = 4$ $N = 3$ adopted link ENSDF link

```
Based on ensdf_240402 (Apr 2024), and mass evaluation from 2020

BE     =     37.601 ( 0.000) MeV
Qbeta+ =      0.862 ( 0.000) MeV

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

-------------------------------------------------------------------------------------
-----------                                                           -----------------
  7BE   1 |                   |   0.000 1/2 3/2-   |                   1  53.22 D   6
  7BE   2 |                   |   0.429 1/2 1/2-   |                   2  133 FS    17
S-alpha=   1.587 ( 0.120) -------------------------------------------------------------
  7BE   3 |                   |   4.570 1/2 7/2-   |                   3  175 KEV   7
S-p    =   5.607 ( 0.000) -------------------------------------------------------------
  7BE   4 |                   |   6.730 1/2 5/2-   |                   4  1.2 MEV
  7BE   5 |                   |   7.210 1/2 5/2-   |                   5  0.40 MEV   5
  7BE   6 |                   |   9.270 1/2 7/2-   |                   6
  7BE   7 |                   |   9.900 1/2 3/2-   |                   7  1.8 MEV   AP
S-n    =  10.677 ( 0.005) -------------------------------------------------------------
S-2p   =  10.040 ( 0.020) -------------------------------------------------------------
  7BE   8 |                   |  11.010 3/2 3/2-   |                   8  320 KEV   30
  7BE   9 |                   |  17.000 1/2 1/2-   |                   9  6.5 MEV   AP


S-p    =   5.607 ( 0.000) -------------------------------------------------------------
S-n    =  10.677 ( 0.005) -------------------------------------------------------------
S-2p   =  10.040 ( 0.020) -------------------------------------------------------------
S-2n   =  37.511 ( 2.005) -------------------------------------------------------------
S-alpha=   1.587 ( 0.120) -------------------------------------------------------------

S+p       =  -0.136 ( 0.001)
S+n       = -18.899 ( 0.000)
S+2p      =  -1.436 ( 0.002)
S+2n      = -20.563 ( 0.000)
S+alpha   =  -7.545 ( 0.000)

gap p     =   5.470 ( 0.001)
gap n     =  -8.221 ( 0.005)
gap 2p    =   8.604 ( 0.020)
gap 2n    =  16.948 ( 2.005)
gap alpha =  -5.957 ( 0.120)
```