

$^{10}\text{Be}$        $Z = 4$        $N = 6$       adopted link      ENSDF link

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

BE = 64.976 ( 0.000) MeV

Qbeta- = 0.557 ( 0.000) MeV

	Energy T	J+	J-	J-other	T1/2
10BE 1	0.000	1 0+			1 1.51E+6 Y 4
10BE 2	3.368	1 2+			2 125 FS 12
10BE 3	5.958	1 2+			3 55 FS LT
10BE 4			5.960 1 1-		4
10BE 5	6.179	1 0+			5 0.8 PS +3-2
10BE 6			6.263 1 2-		6
S-n =	6.812 ( 0.000)				
10BE 7			7.371 1 3-		7 15.7 KEV 5
S-alpha=	7.410 ( 0.000)				
10BE 8	7.542	1 2+			8 6.3 KEV 8
S-2n =	8.477 ( 0.000)				
10BE 9				9.270 1 (4-)	9 150 KEV 20
10BE 10	9.560	1 2+			10 141 KEV 10

S-p = 19.636 ( 0.000)-----  
 S-n = 6.812 ( 0.000)-----  
 S-2p = 33.580 ( 0.000)-----  
 S-2n = 8.477 ( 0.000)-----  
 S-alpha= 7.410 ( 0.000)-----

S+p = -11.229 ( 0.000)  
 S+n = -0.502 ( 0.000)  
 S+2p = -27.185 ( 0.000)  
 S+2n = -3.672 ( 0.002)  
 S+alpha = -12.013 ( 0.000)

gap p = 8.408 ( 0.000)  
 gap n = 6.311 ( 0.000)  
 gap 2p = 6.395 ( 0.000)  
 gap 2n = 4.804 ( 0.002)  
 gap alpha = -4.603 ( 0.000)