

^{14}Be $Z = 4$ $N = 10$ adopted link ENSDF link

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

BE = 69.915 (0.132) MeV

Qbeta- = 16.291 (0.134) MeV

| | Energy T | J+ | J- | J-other | T1/2 |
|------------------|----------|-------|-------|---------|--------------|
| ----- | ----- | ----- | ----- | ----- | ----- |
| ^{14}Be | 1 | | | 0.000 | 1 4.35 MS 17 |

S-p = 24.315 (0.150)-----

S-n = 1.776 (0.133)-----

S-2p = 0.000 (0.000)-----

S-2n = 1.266 (0.132)-----

S-alpha= 11.668 (0.162)-----

S+p = -18.286 (0.134)

S+n = 1.800 (0.212)

S+2p = -40.838 (0.132)

S+2n = 1.350 (0.212)

S+alpha = -17.460 (0.136)

gap p = 6.029 (0.201)

gap n = 3.576 (0.250)

gap 2p = 0.000 (0.000)

gap 2n = 2.616 (0.250)

gap alpha = -5.793 (0.211)