

^{10}B $Z = 5$ $N = 5$ adopted link ENSDF link

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

BE = 64.751 (0.000) MeV

| | Energy T | J+ | J- | J-other | T1/2 |
|----------|-----------------|----|--------------|---------------|-----------------|
| 10B 1 | 0.000 | 3+ | | | 1 STABLE |
| 10B 2 | 0.718 0 | 1+ | | | 2 0.7070 NS 34 |
| 10B 3 | 1.740 1 | 0+ | | | 3 4.9 FS 21 |
| 10B 4 | 2.154 0 | 1+ | | | 4 1.48 PS 14 |
| 10B 5 | 3.587 0 | 2+ | | | 5 102 FS 7 |
| S-alpha= | 4.461 (0.000) | | | | |
| 10B 6 | 4.774 0 | 3+ | | | 6 7.8 EV 12 |
| 10B 7 | | | 5.110 0 2- | | 7 0.978 KEV 66 |
| 10B 8 | 5.164 1 | 2+ | | | 8 1.79 EV 40 |
| 10B 9 | 5.182 0 | 1+ | | | 9 110 KEV 10 |
| 10B 10 | 5.919 0 | 2+ | | | 10 5.82 KEV 6 |
| 10B 11 | 6.025 | 4+ | | | 11 0.052 KEV 19 |
| 10B 12 | | | 6.129 3- | | 12 1.52 KEV 8 |
| 10B 13 | | | | 6.560 (4)- | 13 25.2 KEV 11 |
| S-p = | 6.587 (0.000) | | | | |
| 10B 14 | | | 6.875 0&1 1- | | 14 120 KEV 4 |
| 10B 15 | 7.004 | 3+ | | | 15 98 KEV 6 |
| 10B 16 | | | 7.428 0&1 1- | | 16 94 KEV 9 |
| 10B 17 | 7.470 | 2+ | | | 17 65 KEV 10 |
| 10B 18 | | | 7.479 1 2- | | 18 74 KEV 4 |
| 10B 19 | 7.560 1 | 0+ | | | 19 2.65 KEV 18 |
| 10B 20 | | | | 7.666 (1+) | 20 247 KEV 19 |
| 10B 21 | | | 7.750 2- | | 21 210 KEV 60 |
| 10B 22 | | | 7.811 1- | | 22 260 KEV 30 |
| 10B 23 | | | | 7.960 | 23 285 KEV 91 |
| 10B 24 | 8.070 | 2+ | | | 24 0.8 MEV 2 |
| S-n = | 8.437 (0.001) | | | | |
| 10B 25 | | | | 8.680 (1+,2+) | 25 220 KEV AP |
| 10B 26 | | | 8.887 1 3- | | 26 96 KEV 4 |
| 10B 27 | 8.895 1 | 2+ | | | 27 39 KEV 1 |
| 10B 28 | | | | 9.580 | 28 257 KEV 64 |
| 10B 29 | | | | 9.700 | 29 630 KEV AP |
| S-p = | 6.587 (0.000) | | | | |
| S-n = | 8.437 (0.001) | | | | |
| S-2p = | 23.473 (0.000) | | | | |
| S-2n = | 27.014 (0.001) | | | | |
| S-alpha= | 4.461 (0.000) | | | | |

S+p = -8.690 (0.000)
S+n = -11.454 (0.000)
S+2p = -9.290 (0.001)
S+2n = -14.824 (0.001)
S+alpha = -11.612 (0.000)

gap p = -2.103 (0.000)
gap n = -3.017 (0.001)
gap 2p = 14.183 (0.001)
gap 2n = 12.190 (0.002)
gap alpha = -7.151 (0.000)