

^{19}B $Z = 5$ $N = 14$ adopted link ENSDF link

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

BE = 89.673 (0.525) MeV

Qbeta- = 27.356 (0.534) MeV

	Energy T	J+	J-	J-other	T1/2
19B	1		0.000	3/2-	1 2.92 MS 13
19B	2			0.000	2
19B	3			0.000	3
19B	4			0.000	4
19B	5			0.000	5 4.5 MS 15
19B	6			0.000	6 2.91 MS 13
19B	7			0.000	7

S-p = 0.000 (0.000)-----
 S-n = 0.094 (0.564)-----
 S-2p = 0.000 (0.000)-----
 S-2n = 0.089 (0.564)-----
 S-alpha= 0.000 (0.000)-----

S+p = -29.556 (0.574)
 S+n = 1.560 (0.758)
 S+2p = -49.116 (0.542)
 S+2n = 2.470 (0.767)
 S+alpha = -25.475 (0.673)

gap p = 0.000 (0.000)
 gap n = 1.654 (0.945)
 gap 2p = 0.000 (0.000)
 gap 2n = 2.559 (0.952)
 gap alpha = 0.000 (0.000)