

^{10}C $Z = 6$ $N = 4$ adopted link ENSDF link

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

BE = 60.320 (0.000) MeV

Qbeta+ = 3.648 (0.000) MeV

	Energy T	J+	J-	J-other	T1/2
10C 1	0.000	1 0+			1 19.290 S 12
10C 2	3.354	2+			2 107 FS 17
S-alpha=	5.101 (0.005)				
S-p =	4.007 (0.001)				
S-2p =	3.821 (0.000)				
10C 3				5.220	3 225 KEV 45
10C 4				5.380	4 300 KEV 60
10C 5				6.580 (2+)	5 190 KEV 35
10C 6				9.000	6
10C 7				10.000	7

S-p = 4.007 (0.001)-----
S-n = 21.284 (0.002)-----
S-2p = 3.821 (0.000)-----
S-2n = 35.508 (0.018)-----
S-alpha= 5.101 (0.005)-----

S+p = 1.378 (0.005)
S+n = -13.121 (0.000)
S+2p = 1.737 (0.012)
S+2n = -31.841 (0.000)
S+alpha = -10.116 (0.000)

gap p = 5.385 (0.005)
gap n = 8.163 (0.002)
gap 2p = 5.558 (0.012)
gap 2n = 3.667 (0.018)
gap alpha = -5.015 (0.005)