

$^{12}\text{C}$        $Z = 6$        $N = 6$       adopted link      ENSDF link

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

BE      =      92.162 ( 0.000) MeV

	Energy T	J+	J-	J-other	T1/2
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12C	1   0.000 0	0+			1 STABLE
12C	2   4.440 0	2+			2 10.8E-3 EV6
S-alpha=	7.367 ( 0.000)				-----
12C	3   7.654 0	0+			3 9.3 EV 9
12C	4		9.641 0	3-	4 46 KEV 3
12C	5   9.870 0	2+			5 850 KEV 85
12C	6   9.930	0+			6 2710 KEV 80

S-p      =      15.957 ( 0.000)-----

S-n      =      18.721 ( 0.000)-----

S-2p     =      27.185 ( 0.000)-----

S-2n     =      31.841 ( 0.000)-----

S-alpha=      7.367 ( 0.000)-----

S+p      =      -1.943 ( 0.000)

S+n      =      -4.946 ( 0.000)

S+2p     =      -6.570 ( 0.000)

S+2n     =      -13.123 ( 0.000)

S+alpha   =      -7.162 ( 0.000)

gap p     =      14.013 ( 0.000)

gap n     =      13.774 ( 0.000)

gap 2p    =      20.615 ( 0.000)

gap 2n    =      18.719 ( 0.000)

gap alpha =      0.205 ( 0.000)