

^{14}C $Z = 6$ $N = 8$ adopted link ENSDF link

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

BE = 105.284 (0.000) MeV

Qbeta- = 0.156 (0.000) MeV

	Energy T	J+	J-	J-other	T1/2
14C 1	0.000	1 0+			1 5700 Y 30
14C 2			6.094 1-		2 7 FS LT
14C 3	6.589	0+			3 3.0 PS 4
14C 4			6.728 3-		4 66 PS 8
14C 5			6.903 0-		5 25 FS 3
14C 6	7.012	2+			6 9.0 FS 14
14C 7			7.341 2-		7 111 FS 42
S-n =	8.176 (0.000)				
14C 8	8.318	2+			8 3.4 KEV 7
14C 9	9.746	0+			9
14C 10			9.801 3-		10 45 KEV 12

S-p = 20.831 (0.001)-----
 S-n = 8.176 (0.000)-----
 S-2p = 36.636 (0.002)-----
 S-2n = 13.123 (0.000)-----
 S-alpha= 12.013 (0.000)-----

S+p = -10.207 (0.000)
 S+n = -1.218 (0.001)
 S+2p = -22.335 (0.000)
 S+2n = -5.468 (0.004)
 S+alpha = -6.228 (0.000)

gap p = 10.624 (0.001)
 gap n = 6.958 (0.001)
 gap 2p = 14.301 (0.002)
 gap 2n = 7.654 (0.004)
 gap alpha = 5.785 (0.000)