

^{16}C $Z = 6$ $N = 10$ adopted link ENSDF link

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

BE = 110.753 (0.004) MeV

Qbeta- = 8.010 (0.004) MeV

	Energy T	J+	J-	J-other	T1/2
16C	1 0.000	2 0+			1 0.747 S 8
16C	2 1.766	2+			2
16C	3			3.027 (0+)	3
16C	4			3.986 2	4
16C	5			4.088 3(+)	5
16C	6 4.142	4+			6
S-n	= 4.250 (0.004)	-----			
S-2n	= 5.468 (0.004)	-----			
16C	7			6.109 (2+,3-,4+)	7 25 KEV LE

S-p = 22.552 (0.021)-----

S-n = 4.250 (0.004)-----

S-2p = 40.838 (0.132)-----

S-2n = 5.468 (0.004)-----

S-alpha= 13.809 (0.004)-----

S+p = -13.113 (0.015)

S+n = -0.734 (0.018)

S+2p = -29.055 (0.004)

S+2n = -4.918 (0.030)

S+alpha = -12.323 (0.004)

gap p = 9.439 (0.026)

gap n = 3.517 (0.018)

gap 2p = 11.783 (0.132)

gap 2n = 0.551 (0.030)

gap alpha = 1.486 (0.005)