

^{19}C $Z = 6$ $N = 13$ adopted link ENSDF link

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

BE = 116.247 (0.098) MeV

Qbeta- = 16.558 (0.100) MeV

	Energy T	J+	J-	J-other	T1/2
19C	1			0.000 (1/2+)	1 46.3 MS 40
19C	2			0.209 (3/2+)	2 1.34 NS 10
19C	3			0.282	3
S-n	= 0.577 (0.103)	-----			
19C	4			0.653 (5/2+)	4 100 KEV LT
19C	5 1.460	5/2+			5 0.29 MEV 2

S-p = 26.668 (0.227)-----

S-n = 0.577 (0.103)-----

S-2p = 0.000 (0.000)-----

S-2n = 4.761 (0.100)-----

S-alpha= 19.837 (0.193)-----

S+p = -17.936 (0.126)

S+n = -2.982 (0.251)

S+2p = -38.930 (0.099)

S+2n = -2.907 (0.596)

S+alpha = -20.217 (0.157)

gap p = 8.732 (0.259)

gap n = -2.405 (0.271)

gap 2p = 0.000 (0.000)

gap 2n = 1.854 (0.604)

gap alpha = -0.380 (0.248)