

^{20}C $Z = 6$ $N = 14$ adopted link ENSDF link

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

BE = 119.229 (0.231) MeV

Qbeta- = 15.737 (0.244) MeV

	Energy T	J+	J-	J-other	T1/2
20C	1 0.000	0+			1 16.3 MS +40-35
20C	2 1.618	2+			2 6.8 PS 20

S-p = 29.556 (0.574)-----
 S-n = 2.982 (0.251)-----
 S-2p = 0.000 (0.000)-----
 S-2n = 3.558 (0.233)-----
 S-alpha= 22.368 (0.284)-----

S+p = -19.561 (0.267)
 S+n = 0.075 (0.632)
 S+2p = -42.798 (0.238)
 S+2n = -0.035 (0.327)
 S+alpha = -21.428 (0.283)

gap p = 9.995 (0.633)
 gap n = 3.056 (0.680)
 gap 2p = 0.000 (0.000)
 gap 2n = 3.523 (0.401)
 gap alpha = 0.940 (0.401)