

$^{10}\text{N}$        $Z = 7$        $N = 3$       adopted link      ENSDF link

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

BE      =      36.437 ( 0.400) MeV

Qbeta+ =      23.101 ( 0.400) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-39.177	( 2.044)	-----		
S-p	= -2.600	( 0.400)	-----		
S-2p	= -1.301	( 0.400)	-----		
10N	1			0.000 2 (1-)	1 2.5 MEV +20-15
10N	2			0.900 2 (2-)	2 2.0 MEV +7-5
10N	3			0.000 (1-)	3 2.5 MEV +20-15

S-p      =      -2.600 ( 0.400)-----

S-n      =      0.000 ( 0.000)-----

S-2p    =      -1.301 ( 0.400)-----

S-2n    =      0.000 ( 0.000)-----

S-alpha= -39.177 ( 2.044)-----

S+p      =      1.650 ( 0.404)

S+n      =     -22.506 ( 0.400)

S+2p    =      0.000 ( 0.000)

S+2n    =     -37.605 ( 0.400)

S+alpha =     -9.261 ( 0.402)

gap p    =     -0.950 ( 0.569)

gap n    =      0.000 ( 0.000)

gap 2p   =      0.000 ( 0.000)

gap 2n   =      0.000 ( 0.000)

gap alpha = -48.438 ( 2.083)