

^{14}N $Z = 7$ $N = 7$ adopted link ENSDF link

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

BE = 104.659 (0.000) MeV

	Energy T	J+	J-	J-other	T1/2

14N	1 0.000 0	1+			1 STABLE
14N	2 2.313 1	0+			2 68 FS 3
14N	3 3.948 0	1+			3 4.8 FS 18
14N	4		4.915 0	0-	4 5.3 FS 10
14N	5		5.106 0	2-	5 4.35 FS 5
14N	6		5.691 0	1-	6 11 FS 6
14N	7		5.834 0	3-	7 8.30 FS 16
14N	8 6.203 0	1+			8 111 FS 14
14N	9 6.446 0	3+			9 430 FS 42
14N	10 7.029 0	2+			10 3.7 FS 4

S-p	=	7.551 (0.000)			
14N	11		7.967 0	2-	11 2.5 EV 7
14N	12		8.062 1	1-	12 23 KEV 1
14N	13		8.490 0	4-	13 13.2 FS 21
14N	14 8.618 1	0+			14 3.8 KEV 3
14N	15		8.776 1	0-	15 410 KEV 20
14N	16		8.907 1	3-	16 16 KEV 2
14N	17 8.964 0	5+			17 73 FS 12
14N	18 8.980 0	2+			18 8 KEV 2
14N	19 9.129 0	3+			19 9 FS 4
14N	20 9.172 1	2+			20 122 EV 8

14N	21		9.388 0	2-	21 13 KEV 3
14N	22		9.509 1	2-	22 41 KEV 2
14N	23 9.703 0	1+			23 15 KEV 3

S-p = 7.551 (0.000)-----
S-n = 10.553 (0.000)-----
S-2p = 25.084 (0.001)-----
S-2n = 30.617 (0.001)-----
S-alpha= 11.612 (0.000)-----

S+p = -7.297 (0.000)
S+n = -10.833 (0.000)
S+2p = -6.766 (0.005)
S+2n = -13.322 (0.002)
S+alpha = -4.415 (0.000)

gap p = 0.254 (0.000)

gap n = -0.280 (0.000)
gap 2p = 18.318 (0.006)
gap 2n = 17.295 (0.003)
gap alpha = 7.197 (0.000)