

^{19}N $Z = 7$ $N = 12$ adopted link ENSDF link

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

BE = 132.022 (0.016) MeV

Qbeta- = 12.523 (0.017) MeV

	Energy T	J+	J-	J-other	T1/2
19N 1			0.000	1/2-	1 336 MS 3
19N 2				1.143 (3/2-)	2
19N 3				1.676 (5/2-)	3
19N 4				2.132 (5/2+,3/2-)	4
19N 5				2.511 (1/2+)	5
19N 6				3.170 (7/2-)	6
19N 7				3.470	7
19N 8				4.023 (7/2-)	8
19N 9				4.180	9
S-n =	5.328 (0.025)				
19N 10				6.400	10
19N 11				6.508	11
19N 12				7.025	12

S-p = 16.352 (0.034)-----
 S-n = 5.328 (0.025)-----
 S-2p = 42.438 (0.205)-----
 S-2n = 8.156 (0.022)-----
 S-alpha= 15.526 (0.027)-----

S+p = -19.349 (0.016)
 S+n = -2.161 (0.081)
 S+2p = -30.482 (0.017)
 S+2n = -6.767 (0.135)
 S+alpha = -14.996 (0.037)

gap p = -2.997 (0.038)
 gap n = 3.167 (0.084)
 gap 2p = 11.956 (0.205)
 gap 2n = 1.389 (0.137)
 gap alpha = 0.530 (0.046)