

$^{23}\text{N}$        $Z = 7$        $N = 16$       adopted link      ENSDF link

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

BE = 143.443 ( 0.421) MeV

Qbeta- = 22.099 ( 0.438) MeV

	Energy T	J+	J-	J-other	T1/2
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$^{23}\text{N}$	1			0.000	1 14.1 MS +12-13
S-n	= 3.116 ( 0.469)	-----			
$^{23}\text{N}$	2			3.600	2
S-2n	= 4.654 ( 0.441)	-----			
$^{23}\text{N}$	3			5.000	3
S-p	= 24.180 ( 0.480)	-----			
S-n	= 3.116 ( 0.469)	-----			
S-2p	= 56.240 ( 0.699)	-----			
S-2n	= 4.654 ( 0.441)	-----			
S-alpha	= 25.475 ( 0.673)	-----			
S+p	= -25.509 ( 0.452)				
S+n	= 2.155 ( 0.586)				
S+2p	= -39.964 ( 0.431)				
S+2n	= 3.118 ( 0.653)				
S+alpha	= -14.012 ( 0.437)				
gap p	= -1.329 ( 0.659)				
gap n	= 5.271 ( 0.751)				
gap 2p	= 16.276 ( 0.822)				
gap 2n	= 7.773 ( 0.788)				
gap alpha	= 11.463 ( 0.803)				