

$^{12}\text{O}$        $Z = 8$        $N = 4$       adopted link      ENSDF link

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

BE = 58.584 ( 0.012) MeV

Qbeta+ = 14.675 ( 0.012) MeV

	Energy T	J+	J-	J-other	T1/2
S-p	= -0.359 ( 0.013)				
S-2p	= -1.737 ( 0.012)				
120	1   0.000 2 0+				1 72 KEV LT
120	2   1.620 2 0+				2 1.2 MEV 7
120	3			1.968 2 (2+)	3 0.48 MEV 11
120	4		4.200 2 1-		4 2.2 MEV
S-alpha=	5.476 ( 0.022)				
120	5			7.000	5 2.2 MEV

S-p = -0.359 ( 0.013)

S-n = 23.797 ( 0.061)

S-2p = -1.737 ( 0.012)

S-2n = 0.000 ( 0.000)

S-alpha= 5.476 ( 0.022)

S+p = 2.723 ( 0.494)

S+n = -16.969 ( 0.015)

S+2p = 0.000 ( 0.000)

S+2n = -40.148 ( 0.012)

S+alpha = -10.451 ( 0.024)

gap p = 2.364 ( 0.494)

gap n = 6.828 ( 0.063)

gap 2p = 0.000 ( 0.000)

gap 2n = 0.000 ( 0.000)

gap alpha = -4.976 ( 0.032)