

^{16}O $Z = 8$ $N = 8$ adopted link ENSDF link

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

BE = 127.619 (0.000) MeV

	Energy T	J+	J-	J-other	T1/2
160	1 0.000 0	0+			1 STABLE
160	2 6.049 0	0+			2 67 PS 5
160	3		6.130 0	3-	3 18.4 PS 5
160	4 6.917 0	2+			4 4.70 FS 13
160	5		7.117 0	1-	5 8.3 FS 5
S-alpha= 7.162 (0.000)-----					
160	6		8.872 0	2-	6 125 FS 11
160	7		9.585	1-	7 420 KEV 20
160	8 9.844	2+			8 0.62 KEV 10

S-p = 12.127 (0.000)-----
S-n = 15.664 (0.000)-----
S-2p = 22.335 (0.000)-----
S-2n = 28.887 (0.000)-----
S-alpha= 7.162 (0.000)-----

S+p = -0.600 (0.000)
S+n = -4.143 (0.000)
S+2p = -4.523 (0.000)
S+2n = -12.188 (0.000)
S+alpha = -4.730 (0.000)

gap p = 11.527 (0.000)
gap n = 11.521 (0.000)
gap 2p = 17.812 (0.000)
gap 2n = 16.699 (0.000)
gap alpha = 2.432 (0.000)