

^{19}O $Z = 8$ $N = 11$ adopted link ENSDF link

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

BE = 143.763 (0.003) MeV

Qbeta- = 4.820 (0.003) MeV

	Energy T	J+	J-	J-other	T1/2
190	1	0.000 3/2 5/2+			1 26.88 S 5
190	2	0.096 3/2+			2 1.39 NS 5
190	3	1.472 1/2+			3 0.88 PS 12
190	4	2.372 9/2+			4 2.4 PS GT
190	5	2.779 7/2+			5 64 FS 13
190	6			3.067 (3/2)+	6 0.7 PS GE
190	7	3.154 5/2+			7 0.7 PS GE
190	8			3.232 (1/2,3/2-)	8
190	9		3.945 3/2-		9

S-n	=	3.956 (0.003)			
190	10	4.109 3/2+			10 15 KEV LT

190	11			4.328 3/2,5/2	11 15 KEV LT
190	12			4.403 3/2,5/2,7/2	12 15 KEV LT
190	13		4.582 3/2-		13 52 KEV 3
190	14	4.703 5/2+			14 15 KEV LT
190	15			4.968 5/2,7/2	15
190	16			5.007 3/2,5/2	16 15 KEV LT
190	17		5.082 1/2-		17 49 KEV 5
190	18			5.148 GE 5/2+	18 3.4 KEV 10
190	19			5.384 9/2,11/2,13/2	19
190	20			5.503	20 15 KEV LT

190	21	5.540 3/2+			21 490 KEV AP
190	22			5.705 7/2-,5/2	22 7.8 KEV 14
190	23	6.120 3/2+			23 110 KEV AP
190	24			6.192	24
190	25		6.269 7/2-		25 19.2 KEV 24
190	26			6.406	26
190	27			6.466 7/2,9/2,11/2	27
190	28			6.583	28
190	29			6.903	29
190	30			6.988	30

190	31			7.118	31
190	32			7.242	32
190	33			7.508	33
190	34			8.048	34
190	35			8.132	35
190	36			8.247	36

190	37						8.450		37
190	38						8.561		38
190	39						8.591		39
190	40						8.916		40

190	41						8.923		41
S-alpha=	8.965	(0.003)	-----					
190	42						9.022		42
190	43						9.064		43
190	44						9.253		44
190	45						9.324		45
190	46						9.430		46
190	47						9.560		47
190	48				9.600	7/2-			48
190	49				9.900	7/2-			49
190	50						9.930		50

190	51						9.980		51

S-p = 17.069 (0.019)-----
S-n = 3.956 (0.003)-----
S-2p = 32.277 (0.018)-----
S-2n = 12.001 (0.003)-----
S-alpha= 8.965 (0.003)-----

S+p = -10.639 (0.003)
S+n = -7.608 (0.003)
S+2p = -23.643 (0.003)
S+2n = -11.413 (0.012)
S+alpha = -10.912 (0.003)

gap p = 6.430 (0.019)
gap n = -3.652 (0.004)
gap 2p = 8.634 (0.018)
gap 2n = 0.588 (0.013)
gap alpha = -1.947 (0.004)