

$^{20}\text{O}$        $Z = 8$        $N = 12$       adopted link      ENSDF link

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

BE = 151.371 ( 0.001) MeV

Qbeta- = 3.814 ( 0.001) MeV

	Energy T	J+	J-	J-other	T1/2
200	1   0.000	2 0+			1 13.51 S 5
200	2   1.674	2+			2 7.3 PS 3
200	3   3.570	4+			3
200	4   4.072	2+			4
200	5   4.456	0+			5
200	6   4.850	4+			6
200	7			5.002	7
200	8   5.234	2+			8
200	9   5.304	2+			9
200	10   5.387	0+			10
200	11			5.614 (3-)	11
200	12			6.555 (2)	12
200	13		7.252 5-		13
S-n	= 7.608 ( 0.003)	-----			
200	14			7.622 3- & 4+	14
200	15   7.754	4+			15
200	16			7.855 (5-)	16
200	17   8.554	4+			17
200	18		8.804 3-		18
200	19			8.962 (0+)	19
200	20   9.770	0+			20

S-p = 19.349 ( 0.016)-----

S-n = 7.608 ( 0.003)-----

S-2p = 35.701 ( 0.030)-----

S-2n = 11.564 ( 0.001)-----

S-alpha= 12.323 ( 0.004)-----

S+p = -11.133 ( 0.002)

S+n = -3.805 ( 0.012)

S+2p = -26.399 ( 0.001)

S+2n = -10.656 ( 0.057)

S+alpha = -12.173 ( 0.001)

gap p = 8.216 ( 0.017)

gap n = 3.803 ( 0.012)

gap 2p = 9.302 ( 0.030)

gap 2n = 0.908 ( 0.057)  
gap alpha = 0.150 ( 0.004)