

^{22}O $Z = 8$ $N = 14$ adopted link ENSDF link

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

BE = 162.027 (0.057) MeV

Qbeta- = 6.490 (0.058) MeV

	Energy T	J+	J-	J-other	T1/2
220	1 0.000	0+			1 2.25 S 9
220	2 3.199	2+			2 0.40 PS 15
220	3			4.584 (3+)	3
220	4			4.909 (0+)	4
220	5			5.800	5
220	6			6.512 (2+)	6
S-n	= 6.850 (0.058)	-----			
220	7			6.938 (4+)	7
220	8			7.649 (0-,1-,2-)	8
220	9			8.783 (0-,1-,2-)	9

S-p = 23.238 (0.146)-----

S-n = 6.850 (0.058)-----

S-2p = 42.798 (0.238)-----

S-2n = 10.656 (0.057)-----

S-alpha= 18.061 (0.064)-----

S+p = -13.287 (0.066)

S+n = -2.733 (0.134)

S+2p = -29.813 (0.057)

S+2n = -6.925 (0.174)

S+alpha = -11.227 (0.060)

gap p = 9.951 (0.160)

gap n = 4.117 (0.146)

gap 2p = 12.986 (0.244)

gap 2n = 3.730 (0.183)

gap alpha = 6.834 (0.088)