

^{24}O $Z = 8$ $N = 16$ adopted link ENSDF link

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

BE = 168.952 (0.165) MeV

Qbeta- = 10.956 (0.192) MeV

	Energy T	J+	J-	J-other	T1/2
240	1 0.000	0+			1 65 MS 5
S-n	= 4.192 (0.205)				
240	2 4.790	2+			2 0.05 MEV +21-5
240	3			5.370 (1+)	3 0.03 MEV +12-3
S-2n	= 6.925 (0.174)				
240	4			7.400 (-)	4
240	5			7.600 (+)	5 0.1 MEV

S-p = 25.509 (0.452)

S-n = 4.192 (0.205)

S-2p = 49.689 (0.284)

S-2n = 6.925 (0.174)

S-alpha = 21.428 (0.283)

S+p = -14.455 (0.191)

S+n = 0.757 (0.233)

S+2p = -32.597 (0.166)

S+2n = 0.018 (0.233)

S+alpha = -9.626 (0.208)

gap p = 11.054 (0.490)

gap n = 4.950 (0.311)

gap 2p = 17.092 (0.329)

gap 2n = 6.943 (0.291)

gap alpha = 11.803 (0.351)