^{25}F $Z = 9$ $N = 16$ adopted link   ENSDF link

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

BE   =   183.408 (0.096) MeV
Qbeta- =   13.370 (0.101) MeV

		Energy T	J+		J-		J-other		T1/2		
25F	1	0.000	5/2+							1	80 MS	9
25F	2						3.300	(9/2+)		2		
25F	3						3.700	(7/2+)		3		
S-n	=	4.282 (0.137)										
25F	4						4.430			4		
25F	5						5.450			5		

S-p   = 14.455 (0.191)---
S-n   = 4.282 (0.137)---
S-2p   = 39.964 (0.431)---
S-2n   = 8.094 (0.102)---
S-alpha= 16.323 (0.165)---

S+p   = -18.142 (0.098)
S+n   = -0.731 (0.144)
S+2p   = -31.430 (0.097)
S+2n   = -2.343 (0.154)
S+alpha   = -11.079 (0.097)

gap p   = -3.687 (0.215)
gap n   =   3.551 (0.199)
gap 2p   =   8.534 (0.442)
gap 2n   =   5.750 (0.185)
gap alpha =   5.244 (0.191)