

^{30}Ne $Z = 10$ $N = 20$ adopted link ENSDF link

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

BE = 211.036 (0.253) MeV

Qbeta- = 14.805 (0.253) MeV

	Energy T	J+	J-	J-other	T1/2
30NE 1	0.000	0+			1 7.3 MS 3
30NE 2				0.792 (2+)	2 20 PS +37-9
30NE 3				2.235 (4+)	3

S-p = 24.159 (0.583)-----
 S-n = 3.191 (0.294)-----
 S-2p = 43.372 (0.744)-----
 S-2n = 4.162 (0.283)-----
 S-alpha= 13.806 (0.302)-----

S+p = -18.323 (0.254)
 S+n = -0.170 (0.367)
 S+2p = -38.687 (0.253)
 S+2n = -2.436 (0.571)
 S+alpha = -17.382 (0.253)

gap p = 5.836 (0.636)
 gap n = 3.021 (0.471)
 gap 2p = 4.685 (0.786)
 gap 2n = 1.726 (0.637)
 gap alpha = -3.576 (0.394)