

$^{28}\text{Na}$        $Z = 11$        $N = 17$       adopted link      ENSDF link

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

BE = 218.379 ( 0.010) MeV

Qbeta- = 14.032 ( 0.010) MeV

	Energy T	J+	J-	J-other	T1/2
28NA 1	0.000	1+			1 30.5 MS 4
28NA 2				0.055	2
28NA 3				1.131	3
28NA 4				1.254 (2+)	4 2 PS 1
28NA 5				1.932 (1+)	5
28NA 6				2.118 (1+)	6
28NA 7				2.714 (1+)	7
28NA 8				3.286 (1+)	8
28NA 9				3.513 (1+)	9

S-p = 15.328 ( 0.091)-----  
 S-n = 3.542 ( 0.011)-----  
 S-2p = 34.241 ( 0.108)-----  
 S-2n = 10.270 ( 0.011)-----  
 S-alpha= 10.958 ( 0.098)-----

S+p = -16.913 ( 0.010)  
 S+n = -4.403 ( 0.013)  
 S+2p = -29.454 ( 0.010)  
 S+2n = -6.680 ( 0.011)  
 S+alpha = -12.536 ( 0.013)

gap p = -1.585 ( 0.092)  
 gap n = -0.861 ( 0.017)  
 gap 2p = 4.787 ( 0.108)  
 gap 2n = 3.590 ( 0.016)  
 gap alpha = -1.578 ( 0.099)