

$^{30}\text{Na}$        $Z = 11$        $N = 19$       adopted link      ENSDF link

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

BE = 225.059 ( 0.005) MeV

Qbeta- = 17.356 ( 0.005) MeV

	Energy T	J+	J-	J-other	T1/2
30NA 1	0.000	2+			1 48 MS 2
30NA 2	0.151	1+			2
30NA 3				0.360	3
30NA 4				0.424 (3+)	4
30NA 5				0.516 (2+)	5
30NA 6				0.926 (1+)	6
30NA 7				2.114 (1+)	7

S-p = 17.214 ( 0.150)-----

S-n = 2.277 ( 0.009)-----

S-2p = 39.507 ( 0.120)-----

S-2n = 6.680 ( 0.011)-----

S-alpha= 12.625 ( 0.107)-----

S+p = -18.886 ( 0.006)

S+n = -4.300 ( 0.015)

S+2p = -34.152 ( 0.009)

S+2n = -5.977 ( 0.038)

S+alpha = -13.897 ( 0.005)

gap p = -1.672 ( 0.150)

gap n = -2.023 ( 0.017)

gap 2p = 5.355 ( 0.121)

gap 2n = 0.702 ( 0.039)

gap alpha = -1.272 ( 0.107)