

^{31}Na $Z = 11$ $N = 20$ adopted link ENSDF link

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

BE = 229.359 (0.014) MeV

Qbeta- = 15.368 (0.014) MeV

	Energy T	J+	J-	J-other	T1/2
31NA 1	0.000	3/2+			1 17.0 MS 4
31NA 2				0.375 (5/2+)	2
31NA 3				1.163 (7/2+)	3

S-p = 18.323 (0.254)-----
 S-n = 4.300 (0.015)-----
 S-2p = 42.482 (0.526)-----
 S-2n = 6.577 (0.016)-----
 S-alpha= 15.312 (0.121)-----

S+p = -20.364 (0.014)
 S+n = -1.677 (0.040)
 S+2p = -35.321 (0.016)
 S+2n = -4.609 (0.450)
 S+alpha = -14.895 (0.016)

gap p = -2.041 (0.254)
 gap n = 2.623 (0.042)
 gap 2p = 7.161 (0.526)
 gap 2n = 1.968 (0.450)
 gap alpha = 0.418 (0.122)