

^{32}Na $Z = 11$ $N = 21$ adopted link ENSDF link

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

BE = 231.036 (0.037) MeV

Qbeta- = 19.469 (0.037) MeV

	Energy T	J+	J-	J-other	T1/2
32NA 1				0.000 (3-,4-)	1 13.2 MS 4
32NA 2				0.569	2
32NA 3				0.000 (3-,4-)	3

S-p = 19.830 (0.269)-----
 S-n = 1.677 (0.040)-----
 S-2p = 44.886 (0.511)-----
 S-2n = 5.977 (0.038)-----
 S-alpha= 17.189 (0.126)-----

S+p = -20.966 (0.037)
 S+n = -2.931 (0.451)
 S+2p = -36.216 (0.037)
 S+2n = -3.103 (0.601)
 S+alpha = -15.115 (0.154)

gap p = -1.136 (0.271)
 gap n = -1.254 (0.453)
 gap 2p = 8.671 (0.513)
 gap 2n = 2.874 (0.602)
 gap alpha = 2.074 (0.199)