

$^{26}\text{Mg}$        $Z = 12$        $N = 14$       [link to full NNDC output](#)

Based on ENSDF from Dec 2018, and mass evaluation from 2016

BE = 216.681 ( 0.000) MeV

	Energy T	J+	J-	J-other	T1/2
26MG 1	0.000	0+			1 STABLE
26MG 2	1.809	2+			2 476 FS 21
26MG 3	2.938	2+			3 141 FS 8
26MG 4				3.083	4
26MG 5				3.420	5
26MG 6				3.565	6
26MG 7	3.589	0+			7 6.45 PS 48
26MG 8	3.942	3+			8 0.83 PS 12
26MG 9	4.319	4+			9 272 FS 16
26MG 10	4.333	2+			10 20 FS 3
26MG 11	4.350	3+			11 105 FS 28
26MG 12				4.645	12
26MG 13	4.835	2+			13 28 FS 6
26MG 14	4.901	4+			14 29 FS 6
26MG 15	4.972	0+			15 446 FS 70
26MG 16				5.181	16
26MG 17	5.292	2+			17 10 FS LT
26MG 18	5.476	4+			18 21 FS 6
26MG 19				5.691 (1+)	19 8 FS LT
26MG 20				5.711 (1+,2+)	20
26MG 21	5.716	4+			21 53 FS 16
26MG 22	6.125	3+			22 14 FS 6
26MG 23	6.256	0+			23 53 FS 31
26MG 24				6.483	24
26MG 25				6.623 (4+)	25 19 FS 5
26MG 26				6.634	26 7 FS LE
26MG 27	6.745	2+			27 16 FS 8
26MG 28			6.876 3-		28 83 FS 35
26MG 29				6.952	29
26MG 30				6.972 (4+)	30
26MG 31				6.978 (5+)	31 14 FS 5
26MG 32			7.062 1-		32 7 FS LE
26MG 33	7.100	2+			33 14 FS LE
26MG 34				7.200 (0,1)+	34
26MG 35	7.246	3+			35 7 FS LE
26MG 36				7.261	36 7 FS LE
26MG 37				7.283 (4-)	37 24 FS 8
26MG 38			7.349 3-		38

26MG 39		7.371	2+					39		
26MG 40						7.396	(5+)	40	14 FS	LE
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26MG 41						7.428	(0,1)+	41		
26MG 42						7.542	(2-)	42	7 FS	LE
26MG 43						7.677	(4+)	43	11 FS	LE
26MG 44						7.697	1(-)	44		
26MG 45		7.726	3+					45		
26MG 46						7.774	(4+)	46	7 FS	LE
26MG 47						7.818	(2,3)+	47		
26MG 48					7.824	3-		48		
26MG 49		7.840	2+					49		
26MG 50						7.851		50		
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26MG 51					7.950	5-		51	14 FS	6
26MG 52						8.034		52		
26MG 53						8.052	2(+)	53		
26MG 54					8.185	3-		54		
26MG 55						8.201	(6+)	55	14 FS	LE
26MG 56					8.227	1-		56	1.0 FS	2
26MG 57						8.251	(3+)	57		
26MG 58						8.399		58		
26MG 59		8.459	3+					59		
26MG 60						8.464		60		
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26MG 61						8.472	(6+)	61	14 FS	LE
26MG 62					8.504	1-		62		
26MG 63						8.532	(2+)	63		
26MG 64						8.576		64		
26MG 65					8.625	5-		65	29 FS	6
26MG 66						8.670	(3,5)	66	7 FS	LE
26MG 67						8.706	(2 TO 4)+	67		
26MG 68		8.864	2+					68		
26MG 69						8.904	(2+)	69		
26MG 70						8.930		70		
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26MG 71					8.959	1-		71		
26MG 72						9.020		72		
26MG 73						9.043	3(+)	73		
26MG 74		9.064	5+					74	7 FS	LE
26MG 75		9.111	6+					75	11 FS	LE
26MG 76						9.139	1	76		
26MG 77						9.169	(6-)	77	26 FS	8
26MG 78						9.206		78		
26MG 79						9.239	1(+)	79	314 AS	40
26MG 80						9.261	(4+)	80		
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26MG 81						9.281	(2+)	81		
26MG 82						9.291		82		
26MG 83						9.304		83		

26MG 84						9.316		84
26MG 85						9.326	(2+ TO 4+)	85
26MG 86		9.371	4+					86
26MG 87		9.383	6+					87 7 FS LE
26MG 88		9.428	3+					88
26MG 89						9.471	(1 TO 5)+	89
26MG 90		9.540	5+					90 14 FS LE
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26MG 91		9.564	1+					91 563 AS 99
26MG 92						9.574	(2- TO 4)	92
26MG 93		9.579	4+					93
26MG 94						9.590		94
26MG 95						9.617	(1 TO 3)-	95
26MG 96						9.681	(0 TO 5)+	96
26MG 97						9.714		97
26MG 98						9.771	1(-)	98
26MG 99						9.771		99
26MG 100		9.779	1+					100
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26MG 101						9.814		101
26MG 102						9.830	(5,7)+	102 37 FS 10
26MG 103		9.857	2+					103
26MG 104						9.883		104
26MG 105		9.900	3+					105
26MG 106						9.927		106
26MG 107						9.939		107
26MG 108		9.967	2+					108
26MG 109						9.982		109
26MG 110						9.989	(6+)	110 7 FS LE
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26MG 111					10.040	5-		111
26MG 112								112
26MG 113					10.102	1-		113
26MG 114		10.127	4+					114
26MG 115								115
26MG 116		10.147	1+					116 112 AS 15
26MG 117		10.159	0+					117
26MG 118								118
26MG 119								119
26MG 120								120
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26MG 121		10.271	2+					121
26MG 122		10.319	1+					122 345 AS 83
26MG 123								123
26MG 124								124
26MG 125								125
26MG 126							(0+ TO 4+)	126
26MG 127							(2+ TO 4+)	127
26MG 128								128
26MG 129		10.414	4+					129

26MG 130				10.487				130
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26MG 131		10.493						131
26MG 132							(2+)	132
26MG 133								133
26MG 134								134
26MG 135				10.573		1-		135 0.20 EV 5
26MG 136								136
26MG 137							(1+ TO 4+)	137
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S-alpha=		10.615 ( 0.000)						
26MG 138		10.647						138 97 AS 5
26MG 139							(4- TO 7-)	139 21 FS 6
26MG 140								140
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26MG 141								141
26MG 142								142
26MG 143								143
26MG 144								144
26MG 145								145
26MG 146								146
26MG 147							(0+ TO 4+)	147
26MG 148							(2+)	148
26MG 149								149
26MG 150								150
-----								
26MG 151								151
26MG 152							+	152
26MG 153								153
26MG 154				10.949		1-		154 1.87 EV 30
26MG 155								155
26MG 156								156
26MG 157								157
26MG 158								158
26MG 159								159
-----								
S-n		11.093 ( 0.000)						
26MG 160							(2+)	160
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26MG 161								161
26MG 162		11.153						162
26MG 163		11.163						163 5.08 KEV 8
26MG 164							(3+)	164 1.56 KEV 8
26MG 165								165
26MG 166							(1-)	166 0.6 EV 2
26MG 167		11.189						167 5.24 KEV 4
26MG 168								168
26MG 169								169 2 EV 1
26MG 170							(2-)	170 5.520 KEV 20
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26MG 171							(2)+	171 0.590 KEV 20
26MG 172							4(-)	172 1.730 KEV 20

26MG 173		11.286	1-		173	1.41 KEV	6	
26MG 174				11.286	(2+)	174	0.7 EV 7	
26MG 175				11.289	(2-)	175	2 EV 1	
26MG 176				11.293		176	0.230 EV 20	
26MG 177				11.296	(2-)	177	12.40 KEV 10	
26MG 178				11.311	(1-)	178	0.4 EV 2	
26MG 179				11.326	(1-)	179	0.3 EV 2	
26MG 180				11.328	(1-)	180	50 EV 20	
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26MG 181				11.329		181		
26MG 182				11.337	(1-)	182	0.1 EV 1	
26MG 183				11.345	4(-)	183	3.49 KEV 6	
26MG 184				11.362	(2+)	184	3.29 KEV 5	
26MG 185				11.393	(5+)	185	240 EV 10	
26MG 186	11.441	4+				186	2.020 KEV 40	
26MG 187				11.457		187		
26MG 188				11.466	(5-)	188	8.91 KEV 8	
26MG 189				11.500	(1-)	189	25 EV 10	
26MG 190				11.527	(3-)	190	3.00 KEV 10	
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26MG 191				11.570		191		
26MG 192				11.588	(2-)	192	1.80 KEV 10	
26MG 193				11.608	(4-)	193	0.84 KEV 4	
26MG 194				11.611		194		
26MG 195				11.630		195		
26MG 196				11.646		196	3 KEV LT	
26MG 197				11.749		197		
26MG 198				11.795		198	3 KEV LT	
26MG 199				11.827		199	3 KEV LT	
26MG 200				11.890		200	3 KEV LT	
-----								
26MG 201				11.909		201	6 KEV 1	
26MG 202				11.945	(6-)	202		
26MG 203				12.049		203	6 KEV 2	
26MG 204				12.088		204		
26MG 205				12.110		205	25 KEV 2	
26MG 206				12.141		206	15 KEV 2	
26MG 207				12.196		207		
26MG 208				12.345	0	208	40 KEV 5	
26MG 209				12.479	(6-)	209		
26MG 210				12.865	(6-)	210		
-----								
26MG 211				12.958		211		
26MG 212				13.958		212		
-----								
S-p	=	14.146	( 0.001)	-----				
26MG 213				14.542	(6-)	213		
26MG 214				16.580	(6-)	214		
26MG 215				18.050	2 (6-)	215		

S-p = 14.146 ( 0.001)-----  
S-n = 11.093 ( 0.000)-----  
S-2p = 24.841 ( 0.001)-----  
S-2n = 18.424 ( 0.000)-----  
S-alpha= 10.615 ( 0.000)-----

S+p = -8.271 ( 0.000)  
S+n = -6.443 ( 0.000)  
S+2p = -19.856 ( 0.000)  
S+2n = -14.947 ( 0.002)  
S+alpha = -10.643 ( 0.000)

gap p = 5.874 ( 0.001)  
gap n = 4.650 ( 0.000)  
gap 2p = 4.985 ( 0.001)  
gap 2n = 3.477 ( 0.002)  
gap alpha = -0.029 ( 0.000)