^{23}Al $Z = 13$ $N = 10$ link to full NNDC output

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

BE = 168.722 (0.000) MeV
Qbeta+ = 12.222 (0.000) MeV

	Energy	T	J+	J-	J-other		T1/2
23AL 1	0.000		5/2+			1	470 MS 30
S-p = 0.141 (0.000)							
23AL 2	0.550		1/2+			2	6.2 AS
23AL 3				1.773	(3/2)+	3	
23AL 4				2.575		4	
23AL 5				3.197	(3/2)+	5	
23AL 6				3.718	(5/2)+	6	
23AL 7				4.200	(7/2)+	7	
S-alpha= 8.606 (0.011)							
S-2p = 5.645 (0.000)							
23AL 8				11.780	(5/2)+	8	

S-p = 0.141 (0.000)
S-n = 0.000 (0.000)
S-2p = 5.645 (0.000)
S-2n = 0.000 (0.000)
S-alpha= 8.606 (0.011)

S+p = -3.292 (0.019)
S+n = -14.868 (0.000)
S+2p = 0.000 (0.000)
S+2n = -31.807 (0.000)
S+alpha = -9.895 (0.026)

gap p = -3.151 (0.019)
gap n = 0.000 (0.000)
gap 2p = 0.000 (0.000)
gap 2n = 0.000 (0.000)
gap alpha = -1.289 (0.028)