

$^{26}\text{Al}$        $Z = 13$        $N = 13$       [link to full NNDC output](#)

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

BE = 211.894 ( 0.000) MeV

Qbeta+ = 4.004 ( 0.000) MeV

	Energy T	J+	J-	J-other	T1/2
26AL 1	0.000 0	5+			1 7.17E+5 Y 24
26AL 2	0.228 1	0+			2 6.3460 S 8
26AL 3	0.417 0	3+			3 1.20 NS 1
26AL 4	1.058 0	1+			4 25 FS 5
26AL 5	1.759 0	2+			5 3.8 PS 6
26AL 6	1.851 0	1+			6 32 FS 3
26AL 7				2.069 0 (4+)	7 310 FS 50
26AL 8				2.069 1 (2+)	8 14 FS 2
26AL 9	2.072 0	1+			9 367 FS 69
26AL 10	2.365 0	3+			10 0.8 PS 2
26AL 11	2.545 0	3+			11 0.69 PS 17
26AL 12	2.661 0	2+			12 3 PS 3
26AL 13	2.740 0	1+			13 31 FS 3
26AL 14	2.913 0	2+			14 68 FS 4
26AL 15	3.074 0	3+			15 194 FS 31
26AL 16	3.160 1	2+			16 3.5 FS 7
26AL 17	3.403 0	5+			17 67 FS 12
26AL 18	3.508 0	6+			18 17 FS 3
26AL 19	3.596 0	3+			19 18 FS 3
26AL 20	3.675 0	4+			20 155 FS 20
26AL 21	3.681 0	3+			21 8.3 FS 14
26AL 22	3.724 0	1+			22 4.2 FS 14
26AL 23	3.751 0	2+			23 22 FS 6
26AL 24	3.754 1	0+			24 5 FS 2
26AL 25				3.922 0 7+, (5+)	25 19 FS 4
26AL 26				3.963 0 (3+)	26 37 FS 5
26AL 27			3.978 0 0-		27 1.0 PS GT
26AL 28				4.192 1 (3+)	28 5 FS 2
26AL 29				4.206 0 (4+)	29 62 FS 10
26AL 30	4.349 0	3+			30 9 FS 3
26AL 31			4.431 0 2-		31 59 FS 13
26AL 32			4.480 0 0-		32 62 FS 12
26AL 33	4.548 1	2+			33 11 FS LT
26AL 34				4.599 1 (3+)	34 5 FS 2
26AL 35				4.622 0 (2-)	35 53 FS 18
26AL 36				4.705 1 (4+)	36 3 FS LT
26AL 37	4.773 0	4+			37 82 FS 12

26AL 38				4.940 0	(1-)	38 69 FS	14	
26AL 39				4.941 0	(5+)	39 24 FS	6	
26AL 40				4.952 0	(3+)	40 10 FS	3	
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26AL 41				5.007 0	(2-)	41 120 FS	30	
26AL 42				5.010 0	(1+)	42 6 FS	LT	
26AL 43				5.132 1	(4+)	43 3 FS	LT	
26AL 44				5.142 1	(2+)	44 4 FS	LT	
26AL 45				5.195 1	(0+)	45 24 FS	LT	
26AL 46				5.245 0	(4+)	46 12 FS	3	
26AL 47				5.396 0	(4-)	47 65 FS	50	
26AL 48				5.431 0	(1-)	48 12 FS	6	
26AL 49				5.457 0	(3-)	49 17 FS	4	
26AL 50				5.462 0	0+, (1,2)	50 20 FS	LT	
-----								
26AL 51				5.488 0	5+, (4-)	51 17 FS	6	
26AL 52				5.495 0	(2+)	52 5 FS	LT	
26AL 53				5.513 0	(4+)	53 35 FS	4	
26AL 54				5.545 1	(2+)	54 15 FS	13	
26AL 55				5.569 0	(4,5)	55		
26AL 56				5.585 0	(1)	56 6 FS	LT	
26AL 57				5.598 0	(2,3)-	57 19 FS	7	
26AL 58		5.671 0	1+			58 30 FS	LT	
26AL 59				5.676 0	(4-)	59 22 FS	10	
26AL 60				5.692 0	(3-)	60 2.8 FS	11	
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26AL 61				5.726 1	(4+)	61 5 FS	LT	
26AL 62				5.849 0	(2+)	62 10 FS	6	
26AL 63				5.883 0	(3+)	63 12 FS	LT	
26AL 64				5.916 0	(2-)	64 2 FS	LT	
26AL 65				5.924 1	(4+)	65 12 FS	LT	
26AL 66				5.950 0	1(+)	66 30 FS	LT	
26AL 67				6.028 1	(1+)	67 4 FS	LT	
26AL 68				6.084 0	(5-)	68 90 FS	20	
26AL 69				6.086 0	(1-,2+)	69 14 FS	11	
26AL 70				6.120 0	(4 TO 6)+	70 10 FS	3	
-----								
26AL 71				6.198 0	(1,2+)	71		
26AL 72				6.238 0	(1)	72 7 FS	LT	
26AL 73				6.254 0	(3-)	73		
26AL 74		6.270 0	1+			74 9 FS	LT	
26AL 75				6.280 0	(3+)	75 14 FS	LT	
-----								
S-p	=	6.306 ( 0.000)		-----				
26AL 76				6.343 0	(3-)	76 6 FS	LT	
26AL 77				6.364 1	(3+)	77 22 FS	11	
26AL 78				6.399 0	(1+,2)	78		
26AL 79				6.414 1	(0 TO 2+)	79		
26AL 80				6.436 0	(3 TO 5+)	80 17 FS	LT	
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26AL 81				6.496 0	(3 TO 5+)	81 8 FS	LT	

26AL 82				6.551 0	(4+,5-)	82		
26AL 83				6.598 0	(5+)	83		
26AL 84				6.610 0	(3-)	84		
26AL 85				6.680 0	(2+)	85	1.2 EV	3
26AL 86				6.695 0	(7)	86		
26AL 87				6.724 0	(4-)	87		
26AL 88				6.784 0	(2-)	88		
26AL 89				6.789 0	(3-)	89		
26AL 90				6.801 0	(3+)	90	0.34 EV	6
-----								
26AL 91				6.802 0+1	1+, (1-,2-)	91	0.34 EV	6
26AL 92				6.816 0	6+, (4,5)	92	15 FS	LT
26AL 93				6.818 1	(4+)	93	0.7 EV	3
26AL 94				6.852 1+0	(2+)	94		
26AL 95	6.874 0	1+				95	0.43 EV	23
26AL 96				6.876 1	(2+)	96		
26AL 97				6.892 0	(6-)	97		
26AL 98				6.936 0	(1+)	98		
26AL 99				6.964 1	(3-)	99		
26AL 100				7.001 0	(2+)	100		
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26AL 101				7.015 0	(5+)	101	0.18 EV	5
26AL 102				7.051 0	(3+)	102	0.95 EV	11
26AL 103		7.086 1	1-			103		
26AL 104				7.093 0	(2+)	104	0.68 EV	12
26AL 105				7.109 0	(4)-	105	75 EV	20
26AL 106				7.142 0(+)	(2)-	106	200 EV	50
26AL 107				7.153 0	(3)+	107	90 EV	25
26AL 108				7.161 0	(3)-	108	90 EV	25
26AL 109				7.168 0	(4)-	109	80 EV	20
26AL 110	7.198 0	1+				110		
-----								
26AL 111				7.222 1	(5+)	111		
26AL 112				7.238 0	(3)-	112	100 EV	25
26AL 113				7.254 1(+)	(2)-	113	3.4 KEV	5
26AL 114				7.286 0	0-, (1,2)	114		
26AL 115				7.291 0	(4,3)+	115	55 EV	15
26AL 116				7.308 1	(2+)	116		
26AL 117				7.348 1(+)	(4)-	117	1.3 KEV	2
26AL 118				7.366 0	(5+)	118		
26AL 119				7.397 0	(2)+	119	45 EV	11
26AL 120				7.399 1	(3)-	120	1.9 KEV	3
-----								
26AL 121				7.410 1(+)	(4)-	121	230 EV	60
26AL 122				7.425 0	(4)+	122	65 EV	15
26AL 123				7.439 1	0, (1,2)	123		
26AL 124				7.444 0	(1)-	124	45 EV	10
26AL 125	7.455 0	1+				125		
26AL 126				7.464 0+1	(3+)	126		
26AL 127				7.495 0+1	(3)+	127	80 EV	20

26AL 128				7.497	0(+)	(2)-	128	750 EV	200
26AL 129				7.529	0	(6-)	129		
26AL 130				7.540	1	(2)-	130	2.1 KEV	3
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26AL 131				7.548	0	(5-)	131		
26AL 132				7.558	0	(2)+	132	170 EV	40
26AL 133				7.561	1	(2)+	133	3.1 KEV	5
26AL 134				7.592	0	(4,3)+	134	17 EV	4
26AL 135				7.596	0	(5+)	135		
26AL 136				7.605	0(+)	(2)-	136	500 EV	80
26AL 137				7.623	0	(1+)	137		
26AL 138				7.628	1	(5)+	138	10 EV	3
26AL 139				7.648	0	(1+,2+)	139	23 EV	14
26AL 140				7.762	0	(3)-	140		
-----									
26AL 141				7.772	0	(3+)	141		
26AL 142				7.773	0	(1)-	142	5.3 KEV	8
26AL 143		7.814	0+1 1+				143	2.7 KEV	3
26AL 144				7.825	0	(4)-	144	930 EV	140
26AL 145				7.832	0	(4)+	145	110 EV	30
26AL 146				7.865	0(+)	(2)+	146	6.6 KEV	10
26AL 147				7.874	0	(3)+	147	1.2 KEV	2
26AL 148				7.880	0+1	(1+)	148	3.7 KEV	4
26AL 149				7.891	1	(4+)	149	900 EV	140
26AL 150				7.921	0	(5+,6+)	150		
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26AL 151				7.939	1	(3)+	151	1.7 KEV	3
26AL 152				7.953	1	(4)+	152	320 EV	50
26AL 153				7.982	1	(2)+	153	12 KEV	2
26AL 154				8.001	1	(1)-	154	850 EV	130
26AL 155				8.008	(0)	(2)+	155	850 EV	130
26AL 156				8.011	1	(5)-	156	140 EV	40
26AL 157				8.036			157		
26AL 158				8.047		(3)-	158	1.9 KEV	3
26AL 159				8.064		(2)+	159	7.3 KEV	11
26AL 160				8.067	1	(5)-	160	200 EV	50
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26AL 161				8.116		(3+)	161	5.9 KEV	9
26AL 162				8.130		(1-,2-)	162	1.2 KEV	2
26AL 163				8.131		(3-)	163	2.7 KEV	4
26AL 164				8.164		(1-)	164	10.5 KEV	16
26AL 165				8.174		(3+)	165	23 KEV	3
26AL 166				8.186		(4+,5+)	166		
26AL 167				8.227		(4+)	167	0.61 KEV	9
26AL 168				8.249		(2-)	168	11 KEV	2
26AL 169				8.256		(4-)	169	0.25 KEV	6
26AL 170				8.261		(3-)	170	9.6 KEV	14
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26AL 171				8.272		(2-)	171	8.2 KEV	12
26AL 172				8.294		(3+)	172	25 KEV	4

26AL 173			8.310	(2-)	173	1.5 KEV	2	
26AL 174			8.347	(3-)	174	40 KEV	6	
26AL 175			8.369	1	175			
26AL 176			8.531	1 (4)	176			
26AL 177			8.602	(1) (5,6)+	177			
26AL 178			8.747	(1) (6+)	178			
26AL 179			8.774		179			
26AL 180			8.815		180			
-----								
26AL 181			8.924	1 (4)	181			
26AL 182			9.007	1	182			
26AL 183			9.060	1 (4)	183			
26AL 184			9.271	1	184			
26AL 185			9.286	1 (5)	185			
26AL 186			9.311	1 (3+,4)	186			
26AL 187			9.397		187			
S-alpha=	9.454	( 0.000)	-----					
26AL 188			9.547		188			
26AL 189			9.620		189			
26AL 190			9.720		190			
-----								
26AL 191			9.860	0	191			
26AL 192			9.960	0 (5-)	192			
26AL 193			9.986	1 (7+)	193			
26AL 194			10.240		194			
26AL 195			10.450	0	195			
26AL 196			10.660	0 (6-)	196			
26AL 197			10.810		197			
26AL 198			11.220		198			
S-n =	11.365	( 0.000)	-----					
26AL 199			11.500		199			
26AL 200			11.620		200			
-----								
26AL 201			11.970		201			
26AL 202			12.405		202			
26AL 203			12.554		203			
26AL 204			13.250		204			
26AL 205			13.570	(1+)	205			
26AL 206			13.910	0 (6-)	206			
26AL 207			14.050		207			
26AL 208			14.530		208			
26AL 209			14.744		209			
26AL 210			14.880		210			
-----								
26AL 211			15.371		211			
26AL 212			15.910		212			
26AL 213			16.550		213			
26AL 214			18.320		214			

S-p = 6.306 ( 0.000)-----  
S-n = 11.365 ( 0.000)-----  
S-2p = 18.370 ( 0.000)-----  
S-2n = 28.304 ( 0.000)-----  
S-alpha= 9.454 ( 0.000)-----

S+p = -7.463 ( 0.000)  
S+n = -13.058 ( 0.000)  
S+2p = -9.516 ( 0.001)  
S+2n = -20.783 ( 0.000)  
S+alpha = -10.416 ( 0.000)

gap p = -1.157 ( 0.000)  
gap n = -1.693 ( 0.000)  
gap 2p = 8.855 ( 0.001)  
gap 2n = 7.521 ( 0.000)  
gap alpha = -0.962 ( 0.000)