^{28}Si $Z = 14$ $N = 14$ link to full NNDC output

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

BE = 236.537 (0.000) MeV

	Energy	T	J+		J-		J-other		T1/2	
28SI 1	0.000		0+						1 STABLE	
28SI 2	1.779		2+						2 475 FS	17
28SI 3	4.618		4+						3 37 FS	4
28SI 4	4.980		0+						4 35 FS	2
28SI 5	6.276		3+						5 0.78 PS	6
28SI 6	6.691		0+						6 147 FS	10
28SI 7					6.879	3-			7 1.9 PS	2
28SI 8	6.888		4+						8 33 FS	2
28SI 9	7.381		2+						9 5 FS	2
28SI 10	7.416		2+						10 29 FS	3
28SI 11	7.799		3+						11 225 FS	10
28SI 12	7.933		2+						12 11 FS	2
28SI 13							8.259	2(+)	13 10 FS	2
28SI 14	8.328		1+						14 347 FS	166
28SI 15					8.413	4-			15 324 FS	55
28SI 16	8.544		6+						16 11.4 FS	10
28SI 17	8.589		3+						17 11 FS	2
28SI 18							8.819		18	
28SI 19					8.905	1-			19 8 FS	2
28SI 20	8.945		5+						20 58 FS	6
28SI 21							8.953	(0+,1,2)	21	
28SI 22							9.165	(4+)	22 28 FS	3
28SI 23	9.316 1		3+						23 1.5 FS	6
28SI 24	9.382 1		2+						24 1.1 FS	3
28SI 25	9.417		4+						25 78 FS	12
28SI 26							9.479	(2+)	26 6 FS	2
28SI 27							9.496	(1+)	27 5 FS	2
28SI 28							9.702	(5-)	28 4 PS	1
28SI 29							9.765	(3-)	29 2 FS	LT
28SI 30							9.796	(2+)	30	
28SI 31					9.929	1-			31	
S-alpha= 9.984 (0.000)										
28SI 32							10.182	(3-)	32 7 FS	2
28SI 33							10.190	(5-,3-)	33 21 FS	LT
28SI 34							10.209	(3+)	34 10 FS	3
28SI 35	10.272 1		0+						35 42 FS	LT
28SI 36							10.311	(4+)	36 11 FS	4
28SI 37							10.376 1	(3+,4+)	37	

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 28SI  38 |                |                |  10.418     (5+)           38  18 FS     4
 28SI  39 |                |                |  10.514     (2+)           39
 28SI  40 |                |                |  10.541 0   (3-)           40
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 28SI  41 |                |                |  10.596 0,1 (1+)           41  388 AS    83
 28SI  42 |                |                |  10.668 0   (2,3)+         42  15 FS     3
 28SI  43 | 10.668 0   4+  |                |                            43  18 FS     3
 28SI  44 |                |                |  10.725 0,1 (1+)           44  624 AS    110
 28SI  45 | 10.778     1+ TO|5+             |                            45
 28SI  46 |                |                |  10.806     (2+)           46
 28SI  47 |                |                |  10.883 1   (2,3+)         47
 28SI  48 |                |                |  10.900 1   (1+)           48    83 AS   7
 28SI  49 |                |                |  10.916     (3-)           49
 28SI  50 |                |                |  10.944     (4+)           50  15 FS     10
----------                                                              -----------------
 28SI  51 |                |                |  10.953     1 TO 4         51
 28SI  52 |                |                |  10.994     (1,2+)         52
 28SI  53 |                |                |  11.079     (3-)           53
 28SI  54 |                |                |  11.100     (6+)           54   11.0 FS   10
 28SI  55 |                |                |  11.142 0   (2+)           55
 28SI  56 |                |                |  11.195 0   (4+)           56
 28SI  57 |                |                |  11.242                    57
 28SI  58 |                |                |  11.265 0   (3-)           58
 28SI  59 |                |                |  11.296 0   (1-)           59  150 EV    LT
 28SI  60 |                |                |  11.332     (6+)           60  21 FS     LT
----------                                                              -----------------
 28SI  61 |                |                |  11.388                    61
 28SI  62 |                |                |  11.433 0,1 (2+)           62   21 FS     LT
 28SI  63 |                |                |  11.434 0,1 (4-)           63  14 FS     4
 28SI  64 |                |                |  11.446 1   (1+)           64  17.6 AS   8
 28SI  65 |                |                |  11.510 0   (6+)           65  9 FS      2
 28SI  66 |                |                |  11.516 0   (2+)           66  200 EV    LT
 28SI  67 |                |                |  11.572     (4,5+)         67
 28SI  68 |                |                |  11.576 0   (6-)           68  235 FS    70
 28SI  69 |                |                |  11.585 0   (3-)           69  200 EV    LT
S-p    =  11.585 ( 0.000)-------------------------------------------------------------------------
 28SI  70 |                |                |  11.657 0   (2+)           70  0.18 EV   7
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 28SI  71 |                |                |  11.670 0   (1-)           71  0.46 EV   10
 28SI  72 |                |                |  11.779 0,1 (2+)           72    5 EV    LT
 28SI  73 |                |                |  11.779     (5+)           73
 28SI  74 |                |                |  11.781     (0+ TO 4+)     74
 28SI  75 |                |                |  11.800     (2,3)-         75   35 EV    LT
 28SI  76 |                |                |  11.867 1   (4+)           76   59 EV    14
 28SI  77 | 11.900 0,( 4+  |                |                            77   40 EV    LT
 28SI  78 |                |                |  11.934 0   5              78
 28SI  79 |                |                |  11.976 0,1 (3-,4+)        79  40 EV     LT
 28SI  80 |                |                |  11.986     (1 TO 3)       80
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 28SI  81 |                |                |  12.016     (2+,3)         81
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28SI 82			12.023	0	(5-)	82	250 EV	LT
28SI 83			12.071	0	(2+)	83	1.4 EV	
28SI 84			12.073		(2-)	84	80 EV	LT
28SI 85			12.152		(6+)	85	7 FS	LT
28SI 86			12.175		(5+,3-,4)	86	9 FS	2
28SI 87			12.182	0	(1-)	87	250 EV	LT
28SI 88			12.195	0	(3-)	88	6.7 EV	5
28SI 89			12.204	0	(6-,4-)	89	21 FS	LT
28SI 90			12.216	0	(2-)	90	30 EV	LT
28SI 91			12.240		(3+)	91	80 EV	LT
28SI 92			12.241	0	(4+)	92	250 EV	LT
28SI 93			12.266		(0,1)+	93		
28SI 94			12.290	0	(2+)	94	13 EV	3
28SI 95			12.295	0	(2,3)+	95	60 EV	LT
28SI 96			12.301	0	(0+,1-,2+)	96	80 EV	LT
28SI 97			12.318	0	(2-)	97	40 EV	LT
28SI 98			12.325		(4+)	98	50 EV	LT
28SI 99			12.331	1	(1+)	99	80 EV	LT
28SI 100			12.441	0	(2+)	100	18 EV	3
28SI 101			12.475	0	(4+)	101	80 EV	LT
28SI 102			12.489	0	(3-)	102	100 EV	20
28SI 103			12.542	1	(3+)	103	70 EV	14
28SI 104			12.551	0	(4+)	104	1.4 EV	
28SI 105			12.574	1	(2+)	105	110 EV	22
28SI 106			12.636	0	(2,3)+	106	60 EV	LT
28SI 107			12.643		(5-)	107	80 EV	LT
28SI 108			12.664	1	(4-)	108	700 EV	70
28SI 109			12.715	0	(0+,1+)	109	100 EV	LT
28SI 110			12.726	0	(2+)	110	250 EV	5
28SI 111			12.743	0,1	(3-)	111	5.4 KEV	5
28SI 112			12.755	0,1	(1,2)+	112	100 EV	LT
28SI 113			12.803	0	(3-)	113	100 EV	20
28SI 114			12.805	0	(1-,2+)	114	350 EV	LT
28SI 115			12.815	0	(1-)	115	3.5 KEV	10
28SI 116			12.817	0	(5+)	116	100 EV	LT
28SI 117			12.855	0,1	(4+)	117	30 EV	6
28SI 118			12.859	0	(6+,4+)	118	350 EV	LT
28SI 119			12.866	0	(2+,3+)	119	35 EV	5
28SI 120			12.900	0	(4+)	120	550 EV	60
28SI 121			12.902	0	(2+)	121	200 EV	LT
28SI 122			12.917	1	(2,3)+	122	780 EV	80
28SI 123			12.924	1	(3+)	123	600 EV	60
28SI 124			12.924	0	(2+)	124	200 EV	40
28SI 125			12.974	0	(1-)	125	250 EV	50
28SI 126			12.976	0	(0+)	126	5.2 KEV	16
28SI 127			12.990	0	(3,4)-	127	2.3 KEV	2

28SI 128			12.994		(5,6,7)+	128	16 FS	3
28SI 129			13.014			129		
28SI 130			13.033	0	(3+)	130	550 EV	60
28SI 131			13.040	0,1	(0+)	131	3.2 KEV	10
28SI 132			13.050		(2-)	132	3.7 KEV	4
28SI 133			13.094		(4+)	133	20 EV	3
28SI 134			13.104			134		
28SI 135			13.104			135	2.4 KEV	3
28SI 136			13.106	0		136	130 EV	3
28SI 137			13.115	0+1	(3,4+)	137	200 EV	LT
28SI 138			13.117	0		138		
28SI 139			13.121			139	350 EV	LT
28SI 140			13.173	0	(3-)	140	340 EV	70
28SI 141			13.189	0+1	(2+)	141	1.9 KEV	2
28SI 142			13.190	0	(1+)	142	450 EV	50
28SI 143			13.205	0	(2,3)+	143	210 EV	40
28SI 144			13.208	0	2	144	200 EV	LT
28SI 145			13.230	0	(2+)	145	1.1 KEV	1
28SI 146			13.231		(6+)	146		
28SI 147			13.234	0	(0+)	147	3.0 KEV	9
28SI 148			13.247	1	(5-)	148	200 EV	40
28SI 149			13.248	0	(3-)	149	9.6 KEV	10
28SI 150			13.272		(2-)	150	6.6 KEV	7
28SI 151			13.318		(3,4)-	151	1.2 KEV	1
28SI 152			13.321	1	(1+)	152	450 EV	60
28SI 153			13.361	0	(4+)	153	550 EV	60
28SI 154			13.415	0	(4+)	154	140 EV	30
28SI 155			13.423	0+1	(1-)	155	20 KEV	1
28SI 156			13.425	1	(5+)	156	80 EV	20
28SI 157			13.467			157		
28SI 158			13.479		(2-)	158	4.0 KEV	4
28SI 159			13.484	0+1	(2+)	159	1.5 KEV	2
28SI 160			13.492	0	(3-)	160	31 KEV	3
28SI 161			13.500			161		
28SI 162			13.510	0		162		
28SI 163			13.547	0	(2+)	163	8.5 KEV	9
28SI 164			13.557	0+1	(5+,4+)	164	150 EV	30
28SI 165			13.560		(3+)	165	1.8 KEV	2
28SI 166			13.569		(5-,4+)	166		
28SI 167			13.582	0	(6+)	167	28 FS	LT
28SI 168			13.604			168		
28SI 169			13.612		(4+,5-)	169		
28SI 170			13.616		(2-)	170	11 KEV	1
28SI 171			13.626			171		
28SI 172			13.636	0	(3+)	172	570 EV	60

28SI 173			13.640	0	(2+)	173	5.7 KEV 6
28SI 174			13.640	0	(1-,2+)	174	120 EV 20
28SI 175			13.663	0	(3,4)-	175	450 EV 50
28SI 176			13.668	0	(4+)	176	250 EV 50
28SI 177			13.679	0	(2+)	177	1.3 KEV 2
28SI 178			13.686		(2+ TO 4+)	178	
28SI 179			13.707		(2,3)+	179	500 EV 50
28SI 180			13.709	0	(4+)	180	190 EV 40
28SI 181			13.710		(4+ TO 7+)	181	
28SI 182			13.712		(3-)	182	20 KEV 2
28SI 183			13.735		(1-)	183	35 KEV 4
28SI 184			13.744		(4- TO 7-)	184	21 FS LT
28SI 185			13.789		(3-)	185	2.7 KEV 3
28SI 186			13.798	0		186	
28SI 187			13.806	0	(4+)	187	150 EV 30
28SI 188			13.813	0	(1-)	188	3.7 KEV 4
28SI 189			13.814	0	(3+)	189	320 EV 30
28SI 190			13.821			190	
28SI 191			13.830	0	(3,4)	191	2.2 KEV 2
28SI 192			13.861	0	(3-)	192	3.9 KEV 4
28SI 193			13.874	0,1	(3-)	193	7.1 KEV 7
28SI 194			13.889	0	(3 TO 6)-	194	35 EV 7
28SI 195			13.902	0	(1-)	195	2.7 KEV 3
28SI 196			13.941	0	(2+)	196	5.2 KEV 5
28SI 197			13.968	0	(4+)	197	250 EV 50
28SI 198			13.972	0	(2+)	198	2.5 KEV 3
28SI 199			13.980	1	(4+)	199	2.6 KEV 3
28SI 200			13.983		(6-)	200	300 EV 60
28SI 201			13.984	0	(2+)	201	380 EV 60
28SI 202			14.012		(4+)	202	100 EV 2
28SI 203			14.024		(1-)	203	16 KEV 2
28SI 204			14.037		(3-,2-)	204	45 KEV 5
28SI 205			14.048		(5,4)+	205	1.2 KEV 1
28SI 206			14.049		(2+)	206	2.4 KEV 2
28SI 207			14.065		(2+)	207	6.1 KEV 6
28SI 208			14.075		(2-)	208	47 KEV 5
28SI 209			14.089		(3-)	209	4.3 KEV 4
28SI 210			14.094		(1+)	210	12 KEV 1
28SI 211			14.095		(4+)	211	830 EV 80
28SI 212			14.103		(5-)	212	240 EV 20
28SI 213			14.159		(4,3)-	213	13 KEV 1
28SI 214			14.164		(5+)	214	
28SI 215			14.199		(3+)	215	1.1 KEV 1
28SI 216			14.208		(4+)	216	1.0 KEV 1
28SI 217			14.210		(2-)	217	20 KEV 2
28SI 218			14.212		(5+)	218	600 EV 60

28SI 219			14.227		(3+)	219	2.1 KEV 2
28SI 220			14.245		(3-)	220	41 KEV 4
28SI 221			14.245		(7+)	221	
28SI 222			14.247		(2+)	222	26 KEV 3
28SI 223			14.272			223	
28SI 224			14.288			224	
28SI 225			14.294		(2+)	225	2.0 KEV 2
28SI 226			14.298		(4+)	226	1.4 KEV 1
28SI 227			14.306		(1-)	227	74 KEV 7
28SI 228			14.308		(2+)	228	
28SI 229			14.318			229	
28SI 230			14.328		(4+)	230	620 EV 120
28SI 231			14.332		(5+)	231	70 EV 15
28SI 232			14.338			232	
28SI 233			14.346		(4-)	233	2.3 KEV 2
28SI 234			14.356	1	(6-)	234	4.0 KEV 2
28SI 235			14.358		(4+)	235	3.5 KEV 4
28SI 236			14.358		(2-)	236	43 KEV 4
28SI 237			14.375		(2+)	237	27 KEV 3
28SI 238			14.391		(0+)	238	9.0 KEV 9
28SI 239			14.393		(3+)	239	560 EV 60
28SI 240			14.402		(4-)	240	430 EV 40
28SI 241			14.417			241	
28SI 242			14.434		(3+)	242	19 KEV 2
28SI 243			14.471		(6-)	243	180 EV 40
28SI 244			14.478			244	
28SI 245			14.493		(2+)	245	23 KEV 2
28SI 246			14.493		(3+)	246	5.9 KEV 6
28SI 247			14.515		(3-)	247	950 EV 100
28SI 248			14.523		(3-)	248	11 KEV 1
28SI 249			14.535			249	2 KEV LT
28SI 250			14.542			250	4 KEV 2
28SI 251			14.550		(3+,4)	251	2 KEV LT
28SI 252			14.554		(2+)	252	6 KEV 2
28SI 253			14.561			253	
28SI 254			14.572		5	254	2 KEV LT
28SI 255			14.577		(2+)	255	2 KEV LT
28SI 256			14.625			256	
28SI 257			14.633		(5+)	257	2 KEV LT
28SI 258			14.643		(4+ TO 8+)	258	
28SI 259			14.650			259	10 KEV 2
28SI 260			14.687			260	4 KEV 2
28SI 261			14.709			261	
28SI 262			14.722		(4+,5)	262	2 KEV LT
28SI 263			14.728			263	13 KEV 2

28SI 264			14.742	(3+ TO 5+)	264 2 KEV	LT
28SI 265			14.762		265 6 KEV	2
28SI 266			14.766		266 2 KEV	LT
28SI 267			14.785		267	
28SI 268			14.799		268 2 KEV	LT
28SI 269			14.803	(4+)	269 2 KEV	LT
28SI 270			14.854		270 5 KEV	2
28SI 271			14.860		271 4 KEV	2
28SI 272			14.864		272 4 KEV	2
28SI 273			14.897		273 2 KEV	LT
28SI 274			14.904		274 2 KEV	LT
28SI 275			14.926		275 10 KEV	2
28SI 276			14.954	(3,4+)	276 10 KEV	2
28SI 277			15.006		277 3 KEV	LT
28SI 278			15.021		278 2 KEV	LT
28SI 279			15.027	(5)	279 5 KEV	LT
28SI 280			15.034		280 5 KEV	2
28SI 281			15.051	(0 TO 6)-	281 2 KEV	LT
28SI 282			15.076		282 4 KEV	2
28SI 283			15.085		283 3 KEV	LT
28SI 284			15.113		284 5 KEV	2
28SI 285			15.127	(5-)	285 2 KEV	LT
28SI 286			15.153		286 5 KEV	2
28SI 287			15.183	6	287 2 KEV	LT
28SI 288			15.227 2	(0+)	288 90 EV	15
28SI 289			15.240	(4)	289 2 KEV	LT
28SI 290			15.243		290 2 KEV	LT
28SI 291			15.250		291 3 KEV	LT
28SI 292			15.264		292 4 KEV	2
28SI 293			15.267		293 4 KEV	2
28SI 294			15.272		294 2 KEV	LT
28SI 295			15.292		295 2 KEV	LT
28SI 296			15.357		296 3 KEV	LT
28SI 297			15.386		297 2 KEV	LT
28SI 298			15.403	(5)	298 2 KEV	LT
28SI 299			15.494	(0 TO 6)-	299	
28SI 300			15.915	(6+)	300	

S-p = 11.585 (0.000)
S-n = 17.180 (0.000)
S-2p = 19.856 (0.000)
S-2n = 30.494 (0.000)
S-alpha= 9.984 (0.000)

S+p = -2.749 (0.000)

```
S+n       =  -8.474 ( 0.000)
S+2p      =  -7.144 ( 0.000)
S+2n      = -19.083 ( 0.000)
S+alpha   =  -6.948 ( 0.000)

gap p     =   8.836 ( 0.000)
gap n     =   8.706 ( 0.000)
gap 2p    =  12.712 ( 0.000)
gap 2n    =  11.412 ( 0.000)
gap alpha =   3.037 ( 0.000)
```