

^{30}Si $Z = 14$ $N = 16$ [link to full NNDC output](#)

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

BE = 255.620 (0.000) MeV

	Energy T	J+	J-	J-other	T1/2
30SI 1	0.000	0+			1 STABLE
30SI 2	2.235	2+			2 215 FS 28
30SI 3	3.498	2+			3 58 FS 17
30SI 4	3.769	1+			4 36 FS 9
30SI 5	3.788	0+			5 8.3 PS 5
30SI 6	4.810	2+			6 104 FS 15
30SI 7	4.831	3+			7 83 FS 24
30SI 8	5.231	3+			8 43 FS 21
30SI 9	5.279	4+			9 83 FS 22
30SI 10	5.372	0+			10 59 FS 21
30SI 11			5.488 3-		11 43 FS 12
30SI 12	5.614	2+			12 21 FS LT
30SI 13	5.951	4+			13 15 FS 8
30SI 14			6.503 4-		14 139 FS 35
30SI 15	6.537	2+			15 17 FS LT
30SI 16			6.641 2-		16 21 FS 9
30SI 17	6.642	0+			17
30SI 18			6.744 1-		18 14 FS LT
30SI 19	6.865	3+			19 23 FS 16
30SI 20				6.915 (2+)	20 24 FS LT
30SI 21	6.999	5+			21 104 FS 35
30SI 22			7.043 5-		22 0.83 PS 20
30SI 23				7.079 (1+,2-,3+)	23 14 FS LT
30SI 24	7.223	4+			24 14 FS LT
30SI 25	7.256	2+			25 35 FS LT
30SI 26	7.441	0+			26
30SI 27				7.508 (2-)	27 24 FS LT
30SI 28				7.612 (4-)	28 13 FS 6
30SI 29				7.624 (2+)	29 17 FS LT
30SI 30				7.634	30
30SI 31				7.667 (1+,2+)	31 14 FS LT
30SI 32	7.810	4+			32 12 FS 8
30SI 33	7.912	2+			33 21 FS 15
30SI 34				8.105 (2+,3-)	34 24 FS LT
30SI 35				8.156 (1- TO 4+)	35
30SI 36			8.163 1-		36
30SI 37				8.191 (2+)	37 24 FS LT
30SI 38			8.194 5-		38 35 FS 12

30SI 39						8.290	(1 TO 3)	39		
30SI 40						8.333		40		

30SI 41				8.441	3-			41		
30SI 42						8.536	(3+,4+)	42	31 FS	16
30SI 43				8.554	3-			43	14 FS	LT
30SI 44						8.596	(4-)	44	24 FS	LT
30SI 45						8.639	(1+ TO 4+)	45	24 FS	LT
30SI 46						8.672	(1-,2+)	46		
30SI 47		8.684	2+					47	24 FS	LT
30SI 48						8.734	(0+ TO 3+)	48		
30SI 49						8.799	(1,2+)	49		
30SI 50						8.887	(0+ TO 4+)	50		

30SI 51						8.898	(1-)	51		
30SI 52						8.939	(2+)	52		
30SI 53						8.953	(1,2+)	53		
30SI 54						8.959	(5-)	54	17 FS	10
30SI 55						8.979	(1,2+)	55		
30SI 56						9.035	(0+ TO 3+)	56		
30SI 57						9.045	(3,4)	57	24 FS	LT
30SI 58						9.104	(1-,2-)	58	24 FS	LT
30SI 59				9.107	6-			59	24 FS	6
30SI 60						9.130	(4+,5+)	60	17 FS	LT

30SI 61						9.166	(1+ TO 3+)	61	24 FS	LT
30SI 62						9.255	(2+,3+)	62		
30SI 63						9.308	(1 TO 3+)	63	24 FS	LT
30SI 64						9.349	(4-)	64	24 FS	LT
30SI 65						9.362	(1,2+)	65		
30SI 66		9.367	6+					66	17 FS	LT
30SI 67						9.406	(1+ TO 4+)	67	24 FS	LT
30SI 68						9.439	(1-)	68		
30SI 69						9.474	(2+ TO 4+)	69		
30SI 70						9.505	(5-)	70	17 FS	LT

30SI 71						9.575	(1+ TO 3)	71		
30SI 72						9.597	(0+ TO 4+)	72		
30SI 73						9.604	(2 TO 4+)	73		
30SI 74						9.620	(1-)	74		
30SI 75						9.647	(3-,4)	75	35 FS	LT
30SI 76						9.688	(0 TO 3-)	76		
30SI 77						9.725	(0+ TO 4+)	77		
30SI 78						9.760	(2+ TO 4+)	78	35 FS	LT
30SI 79						9.768	(1,2+)	79		
30SI 80				9.774	6-			80	24 FS	LT

30SI 81						9.792	(1-)	81		
30SI 82						9.816	(0+ TO 4+)	82		
30SI 83						9.882	(3,4)	83		

30SI 84				9.897	(0+ TO 4+)	84		
30SI 85				9.954	(4,5)	85	14 FS	LT
30SI 86				9.958	(1,2+)	86		
30SI 87				10.027	(2 TO 4+)	87		
30SI 88	10.056	4+				88		
30SI 89				10.079	(1+ TO 4+)	89		
30SI 90				10.116	(1- TO 4+)	90		

30SI 91				10.184	(0+ TO 3+)	91		
30SI 92				10.187	(5-)	92	19 FS	14
30SI 93				10.202	(1-)	93		
30SI 94				10.219	(0+ TO 4+)	94		
30SI 95				10.276	(0+ TO 4+)	95		
30SI 96				10.287	(4+,5+)	96	28 FS	LT
30SI 97				10.304	(3-)	97		
30SI 98				10.348	(3+,4)	98	24 FS	LT
30SI 99				10.355	(0+ TO 4+)	99		
30SI 100				10.396	(3,5+)	100	24 FS	LT

30SI 101				10.420	(2+ TO 6+)	101		
30SI 102				10.449	(0 TO 3+)	102		
30SI 103				10.464	(3+,4)	103	35 FS	LT
30SI 104				10.472	(1,2+)	104		
30SI 105				10.508	(0+ TO 3+)	105		
30SI 106				10.555	(6-)	106	35 FS	LT
30SI 107				10.581	(0 TO 3+)	107		

S-n	=	10.609	(0.000)	-----				
30SI 108				10.622	(0 TO 4+)	108		

S-alpha=		10.643	(0.000)	-----				
30SI 109				10.668	(3-,4-,5)	109	17 FS	LT
30SI 110				10.675	(6+)	110	12 FS	8

30SI 111				10.719	(7-)	111	17 FS	9
30SI 112				10.731	(3-,4-,5-)	112	28 FS	LT
30SI 113				10.795	(2 TO 4)	113		
30SI 114				10.805	(0+ TO 4+)	114		
30SI 115				10.822	(4,5+,6+)	115	24 FS	LT
30SI 116				10.835	(1+ TO 5+)	116		
30SI 117				10.865	(3- TO 5)	117	35 FS	LT
30SI 118				10.909		118		
30SI 119				10.975	(0+ TO 4+)	119		
30SI 120				10.990	(3 TO 5)	120		

30SI 121				11.015	(2+ TO 4+)	121		
30SI 122				11.038	(3- TO 6+)	122	52 FS	LT
30SI 123				11.073	(3 TO 5)	123	35 FS	LT
30SI 124				11.083	(4- TO 6-)	124	24 FS	9
30SI 125				11.090	(3 TO 5)	125	35 FS	LT
30SI 126				11.205	(0+ TO 4+)	126		
30SI 127				11.210	(4,5+)	127		

30SI 128				11.248		128	24 FS	LT
30SI 129				11.268	(2+ TO 5+)	129		
30SI 130				11.322	(2+ TO 5+)	130		

30SI 131				11.348	(2+ TO 6+)	131		
30SI 132				11.382	(0+ TO 4+)	132		
30SI 133				11.416	(6+,4+)	133	35 FS	LT
30SI 134				11.474	(6-,5-)	134		
30SI 135				11.492	(3+ TO 6+)	135		
30SI 136				11.510	(4 TO 5+)	136		
30SI 137		11.539	7-			137		
30SI 138				11.563	(5,3+)	138	24 FS	LT
30SI 139				11.659	(4 TO 6)	139		
30SI 140				11.740	(3 TO 5)	140		

30SI 141				11.784	(4,5+)	141	35 FS	LT
30SI 142				11.842	(0+ TO 4+)	142		
30SI 143				11.879	(3- TO 7-)	143		
30SI 144				12.014	(4 TO 6+)	144		
30SI 145				12.394		145		
30SI 146				12.510		146		
30SI 147				12.715		147		
30SI 148				12.832	(8-)	148		
30SI 149				13.203	(8-)	149		
S-p	=	13.514	(0.000)	-----				
30SI 150				15.191	(9-)	150		

30SI 151				15.529	(9-)	151		

S-p = 13.514 (0.000)-----
S-n = 10.609 (0.000)-----
S-2p = 23.992 (0.002)-----
S-2n = 19.083 (0.000)-----
S-alpha= 10.643 (0.000)-----

S+p = -7.297 (0.000)
S+n = -6.587 (0.000)
S+2p = -16.160 (0.000)
S+2n = -15.787 (0.000)
S+alpha = -7.924 (0.000)

gap p = 6.218 (0.000)
gap n = 4.022 (0.000)
gap 2p = 7.832 (0.002)
gap 2n = 3.295 (0.000)
gap alpha = 2.720 (0.000)