

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

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

BE = 243.681 (0.000) MeV

Qbeta+ = 6.142 (0.000) MeV

	Energy T	J+	J-	J-other	T1/2	
30S	1 0.000	0+			1	1.178 S 5
30S	2 2.211	2+			2	156 FS 9
30S	3 3.403	2+			3	109 FS 12
30S	4			3.668	4	1 PS GT
30S	5			3.676 (1+)	5	97 FS 55
S-p	= 4.395 (0.000)					
30S	6			4.704 (3+)	6	
30S	7			4.814 (2+)	7	
30S	8			5.136 (3+)	8	38 FS 14
30S	9			5.168 (4+)	9	
30S	10			5.217 (0+)	10	
30S	11			5.318 (3-)	11	
30S	12			5.389 (2+)	12	
30S	13			5.843 (1-)	13	
30S	14			5.945	14	
30S	15			6.071	15	
30S	16			6.202	16	
30S	17			6.280	17	
30S	18			6.341	18	
30S	19			6.532	19	
30S	20			6.643	20	
30S	21 6.766	2+			21	
30S	22			6.855	22	
30S	23			6.927	23	
30S	24			7.074	24	
30S	25			7.123	25	
S-2p	= 7.144 (0.000)					
30S	26			7.295	26	
30S	27			7.352	27	
30S	28			7.485	28	
30S	29			7.598	29	
30S	30			7.693	30	
30S	31			7.924	31	
S-p	= 4.395 (0.000)					
S-n	= 18.974 (0.050)					

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S-2p = 7.144 ( 0.000)-----  
S-2n = 34.275 ( 0.160)-----  
S-alpha= 9.343 ( 0.000)-----  
  
S+p = -0.264 ( 0.003)  
S+n = -13.055 ( 0.000)  
S+2p = -2.719 ( 0.002)  
S+2n = -28.099 ( 0.000)  
S+alpha = -6.744 ( 0.000)  
  
gap p = 4.131 ( 0.003)  
gap n = 5.920 ( 0.050)  
gap 2p = 4.425 ( 0.002)  
gap 2n = 6.176 ( 0.160)  
gap alpha = 2.599 ( 0.000)
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