

$^{210}\text{Ra}$        $Z = 88$        $N = 122$       adopted link      ENSDF link

Based on ENSDF from Oct 2022, and mass evaluation from 2020

BE = 1625.687 ( 0.009) MeV

Qbeta+ = 3.786 ( 0.016) MeV

	Energy T	J+	J-	J-other	T1/2
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S-alpha=	-7.151 ( 0.013)	-----			
210RA 1	0.000	0+			1 3.7 S 2
210RA 2	0.604	2+			2
210RA 3	1.205	4+			3
210RA 4	1.378	4+			4
210RA 5	1.955	6+			5
210RA 6	2.051	8+			6 2.1 US 1
210RA 7				2.268 (9+)	7
210RA 8				2.575 (10+)	8
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S-p =	3.064 ( 0.015)	-----			
210RA 9				3.093 (12+)	9
210RA 10				3.263 (12+)	10
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210RA 11				3.898 (14+)	11
210RA 12				4.257 (16+)	12

S-p = 3.064 ( 0.015)-----  
 S-n = 9.487 ( 0.011)-----  
 S-2p = 4.480 ( 0.014)-----  
 S-2n = 17.428 ( 0.013)-----  
 S-alpha= -7.151 ( 0.013)-----

S+p = -0.588 ( 0.055)  
 S+n = -7.682 ( 0.010)  
 S+2p = -2.910 ( 0.014)  
 S+2n = -16.784 ( 0.014)  
 S+alpha = 7.827 ( 0.014)

gap p = 2.475 ( 0.056)  
 gap n = 1.804 ( 0.015)  
 gap 2p = 1.570 ( 0.019)  
 gap 2n = 0.643 ( 0.019)  
 gap alpha = 0.676 ( 0.019)