

^{230}Ra $Z = 88$ $N = 142$ [link to full NNDC output](#)

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

BE = 1753.040 (0.010) MeV

Qbeta- = 0.678 (0.019) MeV

	Energy T	J+	J-	J-other	T1/2

S-alpha=	-3.344	(0.015)	-----		
230RA 1	0.000	0+			1 93 M 2
230RA 2	0.057	2+			2
230RA 3				0.187 (4+)	3
230RA 4				0.379 (6+)	4
230RA 5				0.626 (8+)	5
230RA 6				0.711 (1-)	6
230RA 7				0.735 (2+)	7
230RA 8				0.769 (3-)	8
230RA 9				0.786 (3+)	9
230RA 10				0.850 (4+)	10

230RA 11				0.880 (5-)	11
230RA 12				0.893	12
230RA 13				0.920 (10+)	13
230RA 14				0.932 (5+)	14
230RA 15				1.034 (2+)	15
230RA 16				1.145 (4+)	16
230RA 17				1.159	17
230RA 18				1.189	18
230RA 19				1.212	19
230RA 20				1.252 (12+)	20

230RA 21				1.281	21
230RA 22				1.341	22
230RA 23				1.467	23
230RA 24				1.522	24
230RA 25				1.616 (14+)	25
230RA 26				1.897	26
230RA 27				2.005	27
230RA 28				2.006 (16+)	28
230RA 29				2.044	29
230RA 30				2.418 (18+)	30

S-p = 8.441 (0.012)-----

S-n = 6.117 (0.019)-----

S-2p = 15.305 (0.021)-----

S-2n = 10.567 (0.011)-----

S-alpha= -3.344 (0.015)-----

S+p = -6.042 (0.017)

S+n = -4.371 (0.015)

S+2p = -13.647 (0.010)

S+2n = -10.162 (0.014)

S+alpha = 3.672 (0.011)

gap p = 2.399 (0.020)

gap n = 1.746 (0.024)

gap 2p = 1.658 (0.023)

gap 2n = 0.405 (0.017)

gap alpha = 0.328 (0.018)