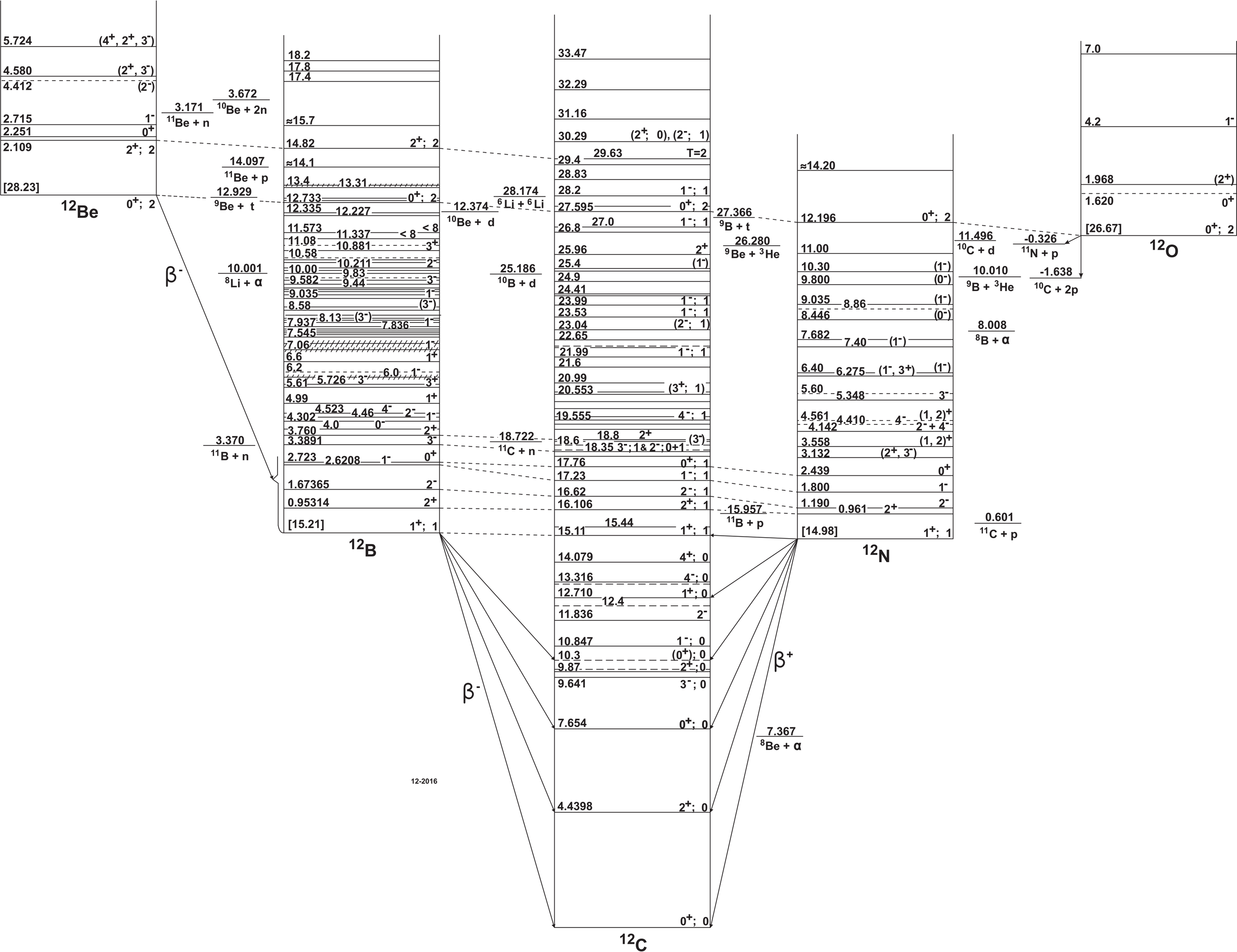
12Be
5.724 (4+, 2+, 3-)
4.580 (2+, 3-)
4.412 (2-)
2.715 1-
2.251 0+
2.109 2+; 2
[28.23] 0+; 2
3.171 11Be + n
3.672 10Be + 2n
14.097 11Be + p
12.929 9Be + t
10.001 8Li + α
3.370 11B + n
β-
12B
18.2
17.8
17.4
≈15.7
14.82 2+; 2
≈14.1
13.4
13.31
12.733 0+; 2
12.335
12.227
11.573
11.337
< 8
< 8
11.08
10.881
3+
10.58
10.211
2-
10.00
9.83
9.582
9.44
3-
9.035 1-
8.58 (3-)
8.13 (3-)
7.937
7.836
1-
7.545
7.06 1-
6.6 1+
6.2
6.0 1-
5.61
5.726 3-
3+
4.99 1+
4.523
4.46 4-
4.302 2- 1-
4.0 0-
3.760 2+
3.3891 3-
2.723
2.6208 1-
0+
1.67365 2-
0.95314 2+
[15.21] 1+; 1
28.174 6Li + 6Li
12.374 10Be + d
25.186 10B + d
18.722 11C + n
33.47
32.29
31.16
30.29 (2+; 0), (2-; 1)
29.4
29.63 T=2
28.83
28.2 1-; 1
27.595 0+; 2
26.8
27.0 1-; 1
25.96 2+
25.4 (1-)
24.9
24.41
23.99 1-; 1
23.53 1-; 1
23.04 (2-; 1)
22.65
21.99 1-; 1
21.6
20.99
20.553 (3+; 1)
19.555 4-; 1
18.6
18.8 2+
(3-)
18.35 3-; 1& 2-; 0+1
17.76 0+; 1
17.23 1-; 1
16.62 2-; 1
16.106 2+; 1
15.44
15.11 1+; 1
14.079 4+; 0
13.316 4-; 0
12.710 1+; 0
12.4
11.836 2-
10.847 1-; 0
10.3 (0+); 0
9.87 2+; 0
9.641 3-; 0
7.654 0+; 0
4.4398 2+; 0
0+; 0
12C
27.366 9B + t
26.280 9Be + 3He
15.957 11B + p
β+
7.367 8Be + α
12-2016
≈14.20
12.196 0+; 2
11.00
10.30 (1-)
9.800 (0-)
9.035
8.86 (1-)
8.446 (0-)
7.682
7.40 (1-)
6.40
6.275 (1-, 3+) (1-)
5.60
5.348 3-
4.561
4.410 4-
(1, 2)+
4.142 2- + 4-
3.558 (1, 2)+
3.132 (2+, 3-)
2.439 0+
1.800 1-
1.190
0.961 2+
2-
[14.98] 1+; 1
12N
11.496 10C + d
10.010 9B + 3He
8.008 8B + α
0.601 11C + p
7.0
4.2 1-
1.968 (2+)
1.620 0+
[26.67] 0+; 2
-0.326 11N + p
-1.638 10C + 2p
12O