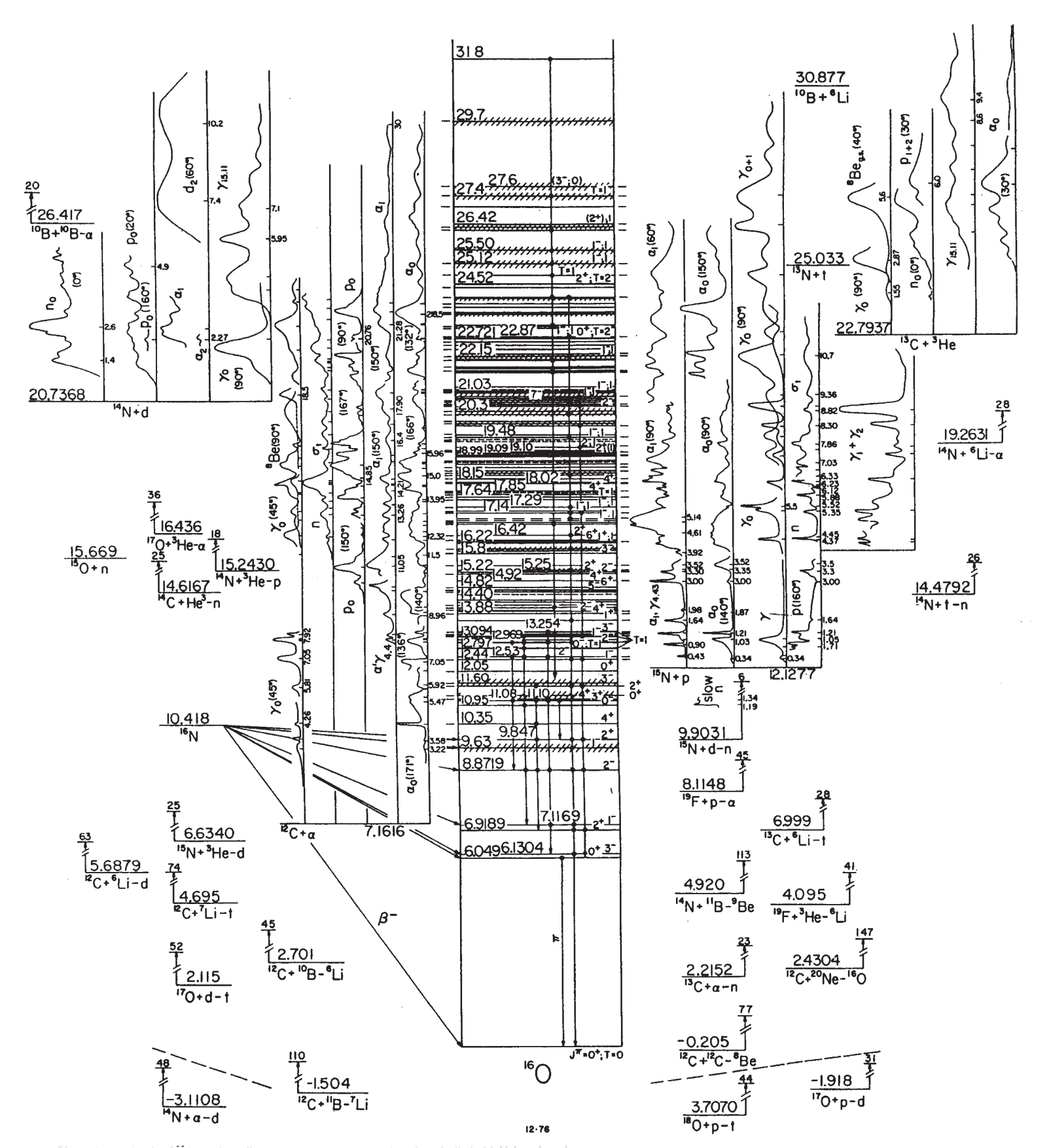

31.8
29.7
27.6
27.4
26.42
25.50
25.12
24.52
22.721
22.87
22.15
21.03
20.3
19.48
18.99
19.09
19.10
18.15
18.02
17.64
17.85
17.14
17.29
16.22
16.42
15.8
15.22
15.25
14.92
14.82
14.40
13.88
13.254
13.094
12.969
12.797
12.53
12.44
12.05
11.60
11.08
11.10
10.95
10.35
9.847
9.63
8.8719
7.1169
6.9189
6.049
6.1304
7.1616
^{16}O
$J^{\pi}=0^{+};T=0$
^{12}C+α
β⁻
20
26.417
^{10}B+^{10}B-α
20.7368
^{14}N+d
^{8}Be(90°)
^{8}Be$_{g.s.}$(40°)
30.877
^{10}B+^{6}Li
25.033
^{13}N+t
22.7937
^{13}C+^{3}He
19.2631
^{14}N+^{6}Li-α
14.4792
^{14}N+t-n
12.1277
^{15}N+p
slow n
9.9031
^{15}N+d-n
8.1148
^{19}F+p-α
6.999
^{13}C+^{6}Li-t
4.920
^{14}N+^{11}B-^{9}Be
4.095
^{19}F+^{3}He-^{6}Li
2.2152
^{13}C+α-n
2.4304
^{12}C+^{20}Ne-^{16}O
-0.205
^{12}C+^{12}C-^{8}Be
-1.918
^{17}O+p-d
3.7070
^{18}O+p-t
-1.504
^{12}C+^{11}B-^{7}Li
-3.1108
^{14}N+α-d
2.701
^{12}C+^{10}B-^{6}Li
2.115
^{17}O+d-t
4.695
^{12}C+^{7}Li-t
5.6879
^{12}C+^{6}Li-d
6.6340
^{15}N+^{3}He-d
10.418
^{16}N
15.669
^{15}O+n
16.436
^{17}O+^{3}He-α
15.2430
^{14}N+^{3}He-p
14.6167
^{14}C+He^{3}-n

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