



$^{12}_3\text{Li}$   
 $Q_{\beta^-}(25000)$   
 $Q_n(1200)$

$S_p$ .....23010

**A=12**  
**NP A433, 43(1985)**  
**NP A506, 1(1990)(U)**

$S_n$ .....3169  
 $0^+$  23.6 ms  
 $^{12}_4\text{Be}$   $\beta^-$

$Q_{\beta^-}11708$

$S_p$ .....14094

$S_n$ .....3370.4  
 $1^+$  20.20 ms  
 $^{12}_5\text{B}$   $\beta^-$

$Q_{\beta^-}13368.9$

1.58% for  $\beta^-3\alpha$ , 3.5% for  $\text{EC}3\alpha$



$0^+$ ..... $0.$   
 $^{12}_6\text{C}$

$S_n$ .....18721.8  
 $S_p$ .....15957.0

$S_n$ .....15690

$S_p$ .....601.4  
 $1^+$ ..... $0$   
 $\text{EC}$   $^{12}_7\text{N}$

$Q_{\text{EC}}17338.1$

$S_p$ .....200  
 $0^+$  0.40 MeV  
 $2p$  60%  
 $^{12}_8\text{O}$

$Q_{\text{EC}}14710$   
11.000 ms

Evaluator: F. Ajzenberg-Selove