Table 11.1 from (1975AJ02): Energy levels of $^{11}$Be

| $E_x$ (MeV $\pm$ keV) | $J^\pi$; $T$ | $\tau$ or $\Gamma_{c.m.}$ (keV) | Decay | Reactions |
|---|---|---|---|---|
| 0 | $\frac{1}{2}^+$; $\frac{3}{2}$ | $\tau_{1/2} = 13.81 \pm 0.08$ sec | $\beta^-$ | 1, 2, 3, 5, 7, 8 |
| $0.3198 \pm 0.2$ | $\frac{1}{2}^-$ | $\tau_m = 0.18 \pm 0.06$ psec | $\gamma$ | 2, 5 |
| $1.785 \pm 14$ | $(\frac{1}{2}, \frac{3}{2}, \frac{5}{2})^+$ | $\Gamma = 100 \pm 20$ | (n) | 2 |
| $2.69 \pm 20$ | $(\frac{1}{2}, \frac{3}{2}, \frac{5}{2})^+$ | $200 \pm 20$ | (n) | 2 |
| $3.41 \pm 20$ | $(\frac{1}{2}, \frac{3}{2}, \frac{5}{2})^+$ | $125 \pm 20$ | (n) | 2 |
| $3.89 \pm 20$ | | $< 10$ | (n) | 2 |
| $3.96 \pm 20$ | | $15 \pm 5$ | (n) | 2 |
| $5.25 \pm 30$ | | $45 \pm 10$ | (n) | 2 |
| (5.86) | | $\approx 300$ | (n) | 2 |
| $6.51 \pm 50$ | | $120 \pm 50$ | (n) | 2 |
| $6.72 \pm 30$ | | $40 \pm 20$ | (n) | 2 |
| $7.03 \pm 50$ | | $300 \pm 100$ | (n) | 2 |
| $8.84 \pm 50$ | | $200 \pm 50$ | (n) | 2 |