Table 15.2 from (1970AJ04):
Beta decay of ^{15}C (1959AL06, 1966AL12, 1969GA05)

Decay to ^{15}N* (MeV)	J^π	Branch (%)	$\log ft$ [a] (exp)	$\log ft$ [b] (theor)
g.s.	$\frac{1}{2}^-$	32 ± 2	5.96 ± 0.03	5.8
5.30	$\frac{1}{2}^+$	68 ± 2	4.04 ± 0.02	4.80
7.30	$\frac{1}{2}^+, \frac{3}{2}^+$	$(0.8 \pm 0.2) \times 10^{-2}$	6.82 ± 0.13	6.49
8.31	$\frac{1}{2}^+, \frac{3}{2}^+$	$(5.0 \pm 0.6) \times 10^{-2}$	5.06 ± 0.06	4.51
8.58	$\frac{1}{2}^+, \frac{3}{2}^+$	$\leq 2.8 \times 10^{-2}$	≥ 5.0	
9.05	$\frac{1}{2}^+, \frac{3}{2}^+$	$(3.5 \pm 0.5) \times 10^{-2}$	3.99 ± 0.07	

[a] Using $\tau_{\rm m} = 2.25 \pm 0.05$ sec.

[b] See (1959AL97).