

Table 16.3 from (1993TI07): The β^- decay of ^{16}C

Decay to $^{16}\text{N}^*$ (MeV)	J^π	Branch (%)	$\log ft$
0.120	0^-	$0.68^{+0.09}_{-0.11}$ ^a	$6.70^{+0.07}_{-0.05}$
0.298	3^-	< 0.5 ^b	> 6.83
0.397	1^-	< 0.1 ^a	> 7.46
3.35	1^+	84.4 ± 1.7 ^b	3.551 ± 0.012
4.32	1^+	15.6 ± 1.7 ^b	3.83 ± 0.05

^a (1983GA03). See also (1984GA1A).

^b (1976AL02).