Table I. The 2012 Atomic mass table (continued, Explanation of Table on page 1608)

N	Z	A	Elt.	Orig.	Mass excess (keV)		Binding energy per nucleon (keV)		Beta-decay energy (keV)			Atomic mass μu	
10	3	13	Li	-nn	58340	350	3403	27	β^-	24680	350	13 062630	380
9	4		Be	-n	33659	10	5241.4	0.8	β^-	17097	10	13 036135	11
8	5		B	-nn	16562.1	1.1	6496.41	0.08	β^-	13437.1	1.1	13 017780.2	1.2
7	6		C		3125.00875	0.00021	7469.849	0.000		*		13 003354.83507	0.00023
6	7		N		5345.48	0.27	7238.863	0.021	β^+	2220.47	0.27	13 005738.61	0.29
5	8		O	+3n	23115	10	5811.8	0.7	β^+	17770	10	13 024815	10
10	4	14	Be	x	39950	130	4994	9	β^-	16290	130	14 042890	140
9	5		B		23664	21	6101.6	1.5	β^-	20644	21	14 025404	23
8	6		C		3019.893	0.004	7520.319	0.000	β^-	156.476	0.004	14 003241.988	0.004
7	7		N		2863.41669	0.00019	7475.614	0.000		*		14 003074.00443	0.00020
6	8		O		8007.46	0.11	7052.301	0.008	β^+	5144.04	0.11	14 008596.36	0.12
5	9		F	-p	31960	40	5285.2	2.9	β^+	23960	40	14 034320	40
11	4	15	Be	-n2p	49760#	400#	4545#	27#	β^-	20800#	400#	15 053420#	430#
10	5		B		28958	21	5880.0	1.4	β^-	19085	21	15 031088	23
9	6		C	-n	9873.1	0.8	7100.17	0.05	β^-	9771.7	0.8	15 010599.3	0.9
8	7		N		101.4387	0.0006	7699.460	0.000		*		15 000108.8989	0.0006
7	8		O		2855.6	0.5	7463.69	0.03	β^+	2754.2	0.5	15 003065.6	0.5
6	9		F		16810	60	6481	4	β^+	13950	60	15 018040	70
12	4	16	Be	-nn	57450	170	4285	10	β^-	20330	170	16 061670	180
11	5		B		37112	25	5507.3	1.5	β^-	23418	25	16 039842	26
10	6		C	-nn	13694	4	6922.05	0.22	β^-	8010	4	16 014701	4
9	7		N	-n	5683.9	2.3	7373.80	0.14	β^-	10420.9	2.3	16 006101.9	2.5
8	8		O		-4737.00137	0.00016	7976.206	0.000		*		15 994914.61957	0.00017
7	9		F	–	10680	8	6963.7	0.5	β^+	15417	8	16 011466	9
6	10		Ne	––	23986	20	6083.2	1.3	β^+	13306	22	16 025750	22
12	5	17	B	x	43770	170	5266	10	β^-	22740	170	17 046990	180
11	6		C	2p–n	21031	17	6558.1	1.0	β^-	13161	23	17 022577	19
10	7		N	+p	7870	15	7286.2	0.9	β^-	8679	15	17 008449	16
9	8		O		-808.7636	0.0006	7750.728	0.000		*		16 999131.7565	0.0007
8	9		F		1951.70	0.25	7542.328	0.015	β^+	2760.47	0.25	17 002095.24	0.27
7	10		Ne	x	16500.5	0.4	6640.499	0.021	β^+	14548.7	0.4	17 017714.0	0.4
13	5	18	B	-n	51850	170	4974	9	β^-	26930	170	18 055660	180
12	6		C	++	24920	30	6426.2	1.7	β^-	11800	40	18 026750	30
11	7		N	+	13113	19	7038.6	1.0	β^-	13896	19	18 014078	20
10	8		O		-782.8156	0.0007	7767.097	0.000		*		17 999159.6129	0.0008
9	9		F		873.1	0.5	7631.638	0.026	β^+	1655.9	0.5	18 000937.3	0.5
8	10		Ne		5317.6	0.4	7341.257	0.020	β^+	4444.5	0.6	18 005708.7	0.4
7	11		Na	-p	25040	110	6202	6	β^+	19720	110	18 026880	120
14	5	19	B	x	58780#	400#	4772#	21#	β^-	26370#	410#	19 063100#	430#
13	6		C	-n	32410	100	6118	5	β^-	16560	100	19 034800	110
12	7		N	p–2n	15856	16	6948.6	0.9	β^-	12523	17	19 017022	18
11	8		O	-n	3332.9	2.6	7566.49	0.14	β^-	4820.3	2.6	19 003578.0	2.8
10	9		F		-1487.4443	0.0009	7779.018	0.000		*		18 998403.1627	0.0009
9	10		Ne	+3n	1752.05	0.16	7567.342	0.008	β^+	3239.50	0.16	19 001880.91	0.17
8	11		Na		12929	11	6937.9	0.6	β^+	11177	11	19 013880	11
7	12		Mg	-pp	31830	50	5902.0	2.6	β^+	18900	50	19 034170	50
15	5	20	B	x	67130#	700#	4520#	40#	β^-	29580#	740#	20 072070#	750#
14	6		C	x	37560	240	5959	12	β^-	15790	250	20 040320	260
13	7		N	x	21770	60	6709.2	2.8	β^-	17970	60	20 023370	60
12	8		O	-nn	3796.2	0.9	7568.57	0.04	β^-	3813.6	0.9	20 004075.4	0.9
11	9		F	-n	-17.463	0.030	7720.134	0.002	β^-	7024.467	0.030	19 999981.25	0.03
10	10		Ne		-7041.9306	0.0016	8032.240	0.000		*		19 992440.1762	0.0017
9	11		Na		6850.6	1.1	7298.50	0.06	β^+	13892.5	1.1	20 007354.4	1.2
8	12		Mg	4n	17559	27	6724.0	1.4	β^+	10708	27	20 018850	29