

		Νετρόνιο	Πρωτόνιο
1s	X_{nl} 3.14	1s _{1/2} 2	2 1s _{1/2}
1p	4.49	1p _{3/2} 6 ⁴² 1p _{1/2} 8	6 1p _{3/2} 8 1p _{1/2}
1d	5.76	1d _{5/2} 14	14 1d _{5/2}
2s	6.28	2s _{1/2} 16	16 2s _{1/2}
1f	6.99	1d _{3/2} 20	20 1d _{3/2}
		1f _{7/2} 28	
2p	7.73	2p _{3/2} 32	28 1f _{7/2}
1g	8.18	1f _{5/2} 38	
		2p _{1/2} 40	32 2p _{3/2}
		1g _{9/2} 50	38 1f _{5/2}
2d	9.10	2d _{5/2} 56	40 2p _{1/2}
		1g _{7/2} 64	
1h	9.36	1h _{11/2} 76	50 1g _{9/2}
		3s _{1/2} 78	
		2d _{3/2} 82	58 1g _{7/2}
3s	9.42	2f _{7/2} 90	64 2d _{5/2}
		1h _{9/2} 100	
2f	10.42	3p _{3/2} 104	
1i	10.51	1i _{13/2} 118	76 1h _{11/2}
		2f _{5/2} 124	80 2d _{3/2}
3p	10.90	3p _{1/2} 126	82 3s _{1/2}
		2g _{9/2} 136	
1j	11.66	1i _{11/2} 148	92 1h _{9/2}
		2g _{7/2} 156	100 2f _{7/2}
2g	11.70		

4
 16
 20
 28
 32
 38
 40
 50
 56
 64
 76
 78
 82
 90
 100
 104
 118
 124
 126
 136
 148
 156