Formel: $${}^{11}_{6}C \longrightarrow {}^{12}_{5}B + e^{+} + 0{,}96\ MeV$$

Vilomassor ^{11}C $m_C = 11{,}0114336\ u$

B-12 $m_B = 11{,}009305\ u$

$e^+ ; e^-$ $m_e = 0{,}000549\ u$

Massdefekt $(m_C - 6m_{e^-}) - ((m_B - 5e^-) + m_{e^+})$

$= m_C - m_B - 2m_e$

$= 0{,}0010306\ u \sim 0{,}96\ MeV$

Konstanter och omvandlingar:

$c_0 = 2{,}998 \cdot 10^8\ m/s$

$e^{+/-} = \pm 1{,}602 \cdot 10^{-19}\ C$

$m_e = 0{,}000549\ u = 9{,}1094 \cdot 10^{-31}\ kg$

$1\ eV = 1{,}602 \cdot 10^{-19}\ J$; $1\ MeV = 10^6\ eV$

$1\ u = 1{,}66 \cdot 10^{-27}\ kg$ motsvarar

$1{,}492 \cdot 10^{-10}\ J = 9{,}313 \cdot 10^8\ eV$

$= 931{,}3\ MeV$