

Table 4-1 Atomic mass excesses†

<i>Z</i>	<i>Element</i>	<i>A</i>	<i>M</i> - <i>A</i> , <i>Mev</i>	<i>Z</i>	<i>Element</i>	<i>A</i>	<i>M</i> - <i>A</i> , <i>Mev</i>
0	<i>n</i>	1	8.07144			19	3.33270
1	H	1	7.28899			20	3.79900
	D	2	13.13591	9	F	16	10.90400
	T	3	14.94995			17	1.95190
	H	4	28.22000			18	0.87240
		5	31.09000			19	-1.48600
2	He	3	14.93134			20	-0.01190
		4	2.42475			21	-0.04600
		5	11.45400	10	Ne	18	5.31930
		6	17.59820			19	1.75200
		7	26.03000			20	-7.04150
		8	32.00000			21	-5.72990
3	Li	5	11.67900			22	-8.02490
		6	14.08840			23	-5.14830
		7	14.90730			24	-5.94900
		8	20.94620	11	Na	20	8.28000
		9	24.96500			21	-2.18500
4	Be	6	18.37560			22	-5.18220
		7	15.76890			23	-9.52830
		8	4.94420			24	-8.41840
		9	11.35050			25	-9.35600
		10	12.60700			26	-7.69000
		11	20.18100	12	Mg	22	-0.14000
5	B	7	27.99000			23	-5.47240
		8	22.92310			24	-13.93330
		9	12.41860			25	-13.19070
		10	12.05220			26	-16.21420
		11	8.66768			27	-14.58260
		12	13.37020			28	-15.02000
		13	16.56160	13	Al	24	0.1000
6	C	9	28.99000			25	-8.9310
		10	15.65800			26	-12.2108
		11	10.64840			27	-17.1961
		12	0			28	-16.8554
		13	3.12460			29	-18.2180
		14	3.01982			30	-17.1500
		15	9.87320	14	Si	26	-7.1320
7	N	12	17.36400			27	-12.3860
		13	5.34520			28	-21.4899
		14	2.86373			29	-21.8936
		15	0.10040			30	-24.4394
		16	5.68510			31	-22.9620
		17	7.87100			32	-24.2000
8	O	14	8.00800	15	P	28	-7.6600
		15	2.85990			29	-16.9450
		16	-4.73655			30	-20.1970
		17	-0.80770			31	-24.4376
		18	-0.78243			32	-24.3027