

Atom- und Kernmassen (in u)

Nuklid	Atom-masse	Kern-masse
n	—	1,0086650
H-1 (p)	1,0078250	1,0072765
H-2 (d)	2,0141018	2,0135532
H-3	3,0160493	3,0155007
He-3	3,0160293	3,0149321
He-4	4,0026033	4,0015061
He-6	6,0188910	6,017794
Li-6	6,0151232	6,013477
Li-7	7,0160045	7,014359
Be-7	7,0169297	7,014735
Be-9	9,0121825	9,009988
B-10	10,0129380	10,010195
B-11	11,0093053	11,006562
C-12	12,0000000	11,996708
C-13	13,0033548	13,000063
C-14	14,0032420	13,999940
N-13	13,0057387	13,001899
N-14	14,0030740	13,999234
N-15	15,0001090	14,996269
O-14	14,0085972	14,004208
O-15	15,0030654	14,998677
O-16	15,9994146	15,990526
O-17	16,9991306	16,994742
O-18	17,9991594	17,994771
F-18	18,0009366	17,996000
F-19	18,9984033	18,993466
Ne-20	19,9924391	19,986953
Ne-22	21,9913837	21,985898
Na-22	21,9944348	21,988400
Na-23	22,9897697	22,983735
Al-27	26,9815413	26,97441
Si-28	27,9769284	27,96925
Si-30	29,9737717	29,96609
P-30	29,9783098	29,97008
Ar-40	39,9623831	39,95251

Nuklid	Atom-masse	Kern-masse
K-40	39,9639988	39,95358
Ca-40	39,9625907	39,95162
Cr-54	53,9388822	53,92572
Mn-54	53,9403605	53,92665
Fe-56	55,9349393	55,92068
Co-57	56,9362938	56,92148
Co-59	58,9331978	58,91839
Co-60	59,9338202	59,91901
Ni-59	58,9343502	58,91899
Ni-60	59,9307890	59,91543
Ni-64	63,9279680	63,91261
Cu-64	63,9297661	63,91386
Zn-64	63,9291454	63,91269
Br-87	86,92034	86,90114
Kr-85	84,9125371	84,89279
Kr-86	85,910614	85,89086
Kr-87	86,913358	86,89361
Kr-89	88,91757	88,89782
Rb-87	86,9091836	86,88889
Rb-94	93,92543	93,90513
Sr-87	86,9088902	86,88804
Sr-90	89,907746	89,88690
Y-90	89,9071559	89,88576
Zr-88	87,910230	87,88829
Zr-89	88,9089003	88,88696
Zr-90	89,9047080	89,88276
Zr-91	90,9056442	90,88370
Zr-92	91,9050392	91,88310
Ag-107	106,905095	106,87931
Ag-108	107,905956	107,88017
Ag-109	108,904754	108,87897
Ag-110	109,906113	109,88033
Cd-108	107,904186	107,87785
Cd-110	109,903007	109,87667
Cd-113	112,9044013	112,87807

Nuklid	Atom-masse	Kern-masse
In-115	114,903875	114,87699
In-116	115,905257	115,87838
Sn-116	115,9017435	115,87431
Cs-137	136,907075	136,87690
Cs-140	139,91709	139,88692
Ba-137	136,905816	136,87509
Ba-144	143,92267	143,89195
Tl-204	203,973856	203,92942
Pb-204	203,973037	203,92805
Pb-205	204,974475	204,92949
Pb-206	205,974455	205,92947
Pb-207	206,975885	206,93090
Pb-208	207,976641	207,93166
Pb-209	208,981080	208,93609
Pb-210	209,984178	209,93919
Bi-207	206,978467	206,93293
Po-210	209,982864	209,93678
Po-212	211,988856	211,94277
Rn-220	220,011378	219,96420
Rn-222	222,017574	221,97039
Ra-226	226,025406	225,97713
Th-231	231,036299	230,98693
Th-232	232,038054	231,98868
Th-234	234,043598	233,99422
U-233	233,039629	232,98916
U-234	234,040947	233,99048
U-235	235,043925	234,99346
U-238	238,050786	238,00031
U-239	239,054291	239,00382
Np-239	239,052932	239,00191
Pu-239	239,052158	239,00059
Pu-240	240,053809	240,00224
Pu-241	241,056847	241,00528
Am-241	241,056825	241,00471

Lichtgeschwindigkeit $c=2,99792458 \cdot 10^8$ m/s

atomare Masseneinheit $u=1,6605655 \cdot 10^{-27}$ kg

Atom- und Kernmassen (in u)

Nuklid	Atom-masse	Kern-masse
n	—	1,0086650
H-1 (p)	1,0078250	1,0072765
H-2 (d)	2,0141018	2,0135532
H-3	3,0160493	3,0155007
He-3	3,0160293	3,0149321
He-4	4,0026033	4,0015061
He-6	6,0188910	6,017794
Li-6	6,0151232	6,013477
Li-7	7,0160045	7,014359
Be-7	7,0169297	7,014735
Be-9	9,0121825	9,009988
B-10	10,0129380	10,010195
B-11	11,0093053	11,006562
C-12	12,0000000	11,996708
C-13	13,0033548	13,000063
C-14	14,0032420	13,999940
N-13	13,0057387	13,001899
N-14	14,0030740	13,999234
N-15	15,0001090	14,996269
O-14	14,0085972	14,004208
O-15	15,0030654	14,998677
O-16	15,9994146	15,990526
O-17	16,9991306	16,994742
O-18	17,9991594	17,994771
F-18	18,0009366	17,996000
F-19	18,9984033	18,993466
Ne-20	19,9924391	19,986953
Ne-22	21,9913837	21,985898
Na-22	21,9944348	21,988400
Na-23	22,9897697	22,983735
Al-27	26,9815413	26,97441
Si-28	27,9769284	27,96925
Si-30	29,9737717	29,96609
P-30	29,9783098	29,97008
Ar-40	39,9623831	39,95251

Nuklid	Atom-masse	Kern-masse
K-40	39,9639988	39,95358
Ca-40	39,9625907	39,95162
Cr-54	53,9388822	53,92572
Mn-54	53,9403605	53,92665
Fe-56	55,9349393	55,92068
Co-57	56,9362938	56,92148
Co-59	58,9331978	58,91839
Co-60	59,9338202	59,91901
Ni-59	58,9343502	58,91899
Ni-60	59,9307890	59,91543
Ni-64	63,9279680	63,91261
Cu-64	63,9297661	63,91386
Zn-64	63,9291454	63,91269
Br-87	86,92034	86,90114
Kr-85	84,9125371	84,89279
Kr-86	85,910614	85,89086
Kr-87	86,913358	86,89361
Kr-89	88,91757	88,89782
Rb-87	86,9091836	86,88889
Rb-94	93,92543	93,90513
Sr-87	86,9088902	86,88804
Sr-90	89,907746	89,88690
Y-90	89,9071559	89,88576
Zr-88	87,910230	87,88829
Zr-89	88,9089003	88,88696
Zr-90	89,9047080	89,88276
Zr-91	90,9056442	90,88370
Zr-92	91,9050392	91,88310
Ag-107	106,905095	106,87931
Ag-108	107,905956	107,88017
Ag-109	108,904754	108,87897
Ag-110	109,906113	109,88033
Cd-108	107,904186	107,87785
Cd-110	109,903007	109,87667
Cd-113	112,9044013	112,87807

Nuklid	Atom-masse	Kern-masse
In-115	114,903875	114,87699
In-116	115,905257	115,87838
Sn-116	115,9017435	115,87431
Cs-137	136,907075	136,87690
Cs-140	139,91709	139,88692
Ba-137	136,905816	136,87509
Ba-144	143,92267	143,89195
Tl-204	203,973856	203,92942
Pb-204	203,973037	203,92805
Pb-205	204,974475	204,92949
Pb-206	205,974455	205,92947
Pb-207	206,975885	206,93090
Pb-208	207,976641	207,93166
Pb-209	208,981080	208,93609
Pb-210	209,984178	209,93919
Bi-207	206,978467	206,93293
Po-210	209,982864	209,93678
Po-212	211,988856	211,94277
Rn-220	220,011378	219,96420
Rn-222	222,017574	221,97039
Ra-226	226,025406	225,97713
Th-231	231,036299	230,98693
Th-232	232,038054	231,98868
Th-234	234,043598	233,99422
U-233	233,039629	232,98916
U-234	234,040947	233,99048
U-235	235,043925	234,99346
U-238	238,050786	238,00031
U-239	239,054291	239,00382
Np-239	239,052932	239,00191
Pu-239	239,052158	239,00059
Pu-240	240,053809	240,00224
Pu-241	241,056847	241,00528
Am-241	241,056825	241,00471

Lichtgeschwindigkeit $c=2,99792458 \cdot 10^8$ m/s

atomare Masseneinheit $u=1,6605655 \cdot 10^{-27}$ kg