Nucleons:

(***NAIVELY*** applying ideal gas law: $p = Nk_BT/V$ to quarks $\Rightarrow$ $N = 3$)

up quark	2.3 MeV/c^2 $= 4.10 \times 10^{-30}$ kg	$\lambda_C = 539$ fm
down quark	4.8 MeV/c^2 $= 8.56 \times 10^{-30}$ kg	$\lambda_C = 258$ fm

Proton:

net quarks mc^2	9.4 MeV	2 *up* + 1 *down*
ΔE	929 MeV	*nucleon mass - net quarks mass*
$T = (\Delta E/N) \cdot 2/3k_B$	$\mathbf{2.40 \times 10^{+12}}$ **K**	***cf. Hagedorn temperature***
thermal pressure?	$3.98 \times 10^{+34}$ Pa	*volume with charge radius*
thermal pressure?	$\mathbf{8.21 \times 10^{+34}}$ **Pa**	***using Compton volume***

Neutron:

net quarks mc^2	11.9 MeV	1 *up* + 2 *down*
ΔE	928 MeV	*nucleon mass - net quarks mass*
$T = (\Delta E/N) \cdot 2/3k_B$	$\mathbf{2.39 \times 10^{+12}}$ **K**	***cf. Hagedorn temperature***
thermal pressure?	$4.62 \times 10^{+34}$ Pa	*volume with known radius*
thermal pressure?	$\mathbf{8.24 \times 10^{+34}}$ **Pa**	***using Compton volume***

Quark-gluon plasma

I do not see it as a stable or persistent state of large bodies.

Unstable "outside" hadrons.