

^{56}Ti $Z = 22$ $N = 34$ [link to full NNDC output](#)

Based on ENSDF from Dec 2018, and mass evaluation from 2016

BE = 474.102 (0.121) MeV

Qbeta- = 6.835 (0.214) MeV

	Energy T	J+	J-	J-other	T1/2
56Ti 1	0.000	0+			1 0.200 S 5
56Ti 2				1.128 (2+)	2
56Ti 3				2.288 (4+)	3
56Ti 4				2.978 (6+)	4
56Ti 5				4.210	5

S-p = 16.450 (0.470)-----

S-n = 5.723 (0.202)-----

S-2p = 28.737 (0.131)-----

S-2n = 9.841 (0.147)-----

S-alpha= 7.479 (0.121)-----

S+p = -12.382 (0.146)

S+n = -2.667 (0.284)

S+2p = -27.250 (0.121)

S+2n = 0.000 (0.000)

S+alpha = -9.774 (0.228)

gap p = 4.067 (0.492)

gap n = 3.056 (0.348)

gap 2p = 1.488 (0.178)

gap 2n = 0.000 (0.000)

gap alpha = -2.296 (0.259)