^{56}Ti $Z = 22$ $N = 34$ adopted link ENSDF link

```
Based on ENSDF from Apr 2024, and mass evaluation from 2020

BE     =    474.205 ( 0.100) MeV
Qbeta- =      6.760 ( 0.202) MeV

           Energy T    J+                J-               J-other                T1/2

-----------------------------------------------------------------------------------------------
 56TI   1 |  0.000     0+   |                 |                                1   200 MS   5
 56TI   2 |  1.129     2+   |                 |                                2   2.6 PS   +13-7
 56TI   3 |                 |                 |   1.880                        3
 56TI   4 |  2.288     (4+) |                 |                                4
 56TI   5 |  2.978     (6+) |                 |                                5
 56TI   6 |                 |                 |   4.210                        6
 56TI   7 |                 |                 |   4.474                        7


S-p    =  15.870 ( 0.118)-----------------------------------------------------------------------
S-n    =   5.662 ( 0.104)-----------------------------------------------------------------------
S-2p   =  28.840 ( 0.111)-----------------------------------------------------------------------
S-2n   =   9.822 ( 0.101)-----------------------------------------------------------------------
S-alpha=   7.582 ( 0.100)-----------------------------------------------------------------------

S+p       = -12.301 ( 0.131)
S+n       =  -3.050 ( 0.229)
S+2p      = -27.147 ( 0.100)
S+2n      =  -7.637 ( 0.209)
S+alpha   =  -9.910 ( 0.100)

gap p     =   3.569 ( 0.177)
gap n     =   2.612 ( 0.252)
gap 2p    =   1.694 ( 0.150)
gap 2n    =   2.185 ( 0.232)
gap alpha =  -2.329 ( 0.142)
```