

$^{56}\text{V}$        $Z = 23$        $N = 33$       [link to full NNDC output](#)

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

BE = 480.155 ( 0.177) MeV

Qbeta- = 9.130 ( 0.177) MeV

	Energy T	J+	J-	J-other	T1/2
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$^{56}\text{V}$	1   0.000	1+			1 0.216 S 4

S-p = 11.776 ( 0.240)-----

S-n = 5.082 ( 0.201)-----

S-2p = 26.842 ( 0.325)-----

S-2n = 12.404 ( 0.178)-----

S-alpha= 8.137 ( 0.195)-----

S+p = -13.659 ( 0.177)

S+n = -6.330 ( 0.194)

S+2p = -24.251 ( 0.177)

S+2n = -10.389 ( 0.198)

S+alpha = -9.238 ( 0.177)

gap p = -1.883 ( 0.298)

gap n = -1.248 ( 0.279)

gap 2p = 2.591 ( 0.370)

gap 2n = 2.015 ( 0.266)

gap alpha = -1.101 ( 0.263)