

^{68}Cr $Z = 24$ $N = 44$ adopted link ENSDF link

Based on ENSDF from Oct 2022, and mass evaluation from 2020

BE = 545.768 (-0.476) MeV

Qbeta- = 13.226 (0.548) MeV

	Energy T	J+	J-	J-other	T1/2	
68CR	1 0.000	0+			1 360 NS	GT

S-p = 21.225 (-0.768)-----
 S-n = 4.475 (-0.623)-----
 S-2p = 0.000 (-0.000)-----
 S-2n = 6.680 (-0.579)-----
 S-alpha= 16.608 (-0.747)-----

S+p = -16.927 (-0.631)
 S+n = -2.023 (-0.678)
 S+2p = -35.792 (-0.552)
 S+2n = -6.112 (-0.790)
 S+alpha = -15.976 (-0.693)

gap p = 4.298 (0.994)
 gap n = 2.452 (0.921)
 gap 2p = 0.000 (0.000)
 gap 2n = 0.568 (0.979)
 gap alpha = 0.632 (1.019)