

$^{69}\text{Cr}$        $Z = 24$        $N = 45$       adopted link      ENSDF link

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

BE = 547.791 (-0.483) MeV

Qbeta- = 15.686 ( 0.636) MeV

	Energy T	J+	J-	J-other	T1/2
-----					
69CR	1			0.000	1 620 NS GT
S-p	=	0.000 (-0.000)	-----		
S-n	=	2.023 (-0.678)	-----		
S-2p	=	0.000 (-0.000)	-----		
S-2n	=	6.498 (-0.628)	-----		
S-alpha	=	17.305 (-0.863)	-----		
S+p	=	-18.089 (-0.688)			
S+n	=	-4.089 (-0.794)			
S+2p	=	-36.894 (-0.644)			
S+2n	=	0.000 (-0.000)			
S+alpha	=	-16.746 (-0.703)			
gap p	=	0.000 ( 0.000)			
gap n	=	-2.066 ( 1.044)			
gap 2p	=	0.000 ( 0.000)			
gap 2n	=	0.000 ( 0.000)			
gap alpha	=	0.559 ( 1.113)			