

^{70}Cr $Z = 24$ $N = 46$ adopted link ENSDF link

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

BE = 551.880 (-0.630) MeV

Qbeta- = 14.782 (0.798) MeV

	Energy T	J+	J-	J-other	T1/2
70CR 1	0.000	0+			1 620 NS GT
S-p	0.000	(-0.000)			
S-n	4.089	(-0.794)			
S-2p	0.000	(-0.000)			
S-2n	6.112	(-0.790)			
S-alpha	0.000	(-0.000)			
S+p	-18.250	(-0.802)			
S+n	0.000	(-0.000)			
S+2p	-38.160	(-0.807)			
S+2n	0.000	(-0.000)			
S+alpha	-17.448	(-0.816)			
gap p	0.000	(0.000)			
gap n	0.000	(0.000)			
gap 2p	0.000	(0.000)			
gap 2n	0.000	(0.000)			
gap alpha	0.000	(0.000)			