

$^{68}\text{Mn}$        $Z = 25$        $N = 43$       adopted link      ENSDF link

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

BE = 558.212 (-0.272) MeV

Qbeta- = 14.994 ( 0.340) MeV

	Energy T	J+	J-	J-other	T1/2
68MN	1			0.000 >3	1 28 MS 3

S-p = 16.919 (-0.485)-----  
 S-n = 3.385 (-0.338)-----  
 S-2p = 37.208 (-0.594)-----  
 S-2n = 8.313 (-0.272)-----  
 S-alpha= 15.036 (-0.471)-----

S+p = -17.593 (-0.342)  
 S+n = -4.483 (-0.495)  
 S+2p = -32.182 (-0.272)  
 S+2n = -7.668 (-0.560)  
 S+alpha = -13.828 (-0.396)

gap p = -0.674 ( 0.594)  
 gap n = -1.098 ( 0.600)  
 gap 2p = 5.026 ( 0.653)  
 gap 2n = 0.645 ( 0.623)  
 gap alpha = 1.208 ( 0.615)