

^{45}Fe $Z = 26$ $N = 19$ [link to full NNDC output](#)

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

BE = 0.000 (0.000) MeV

| | Energy | T | J+ | J- | J-other | T1/2 |
|--------|--------|---|----|----|--------------|------------------|
| ----- | | | | | | |
| 45FE 1 | | | | | 0.000 (3/2+) | 1 1.89 MS +49-21 |