^{46}Fe $Z = 26$ $N = 20$ adopted link   ENSDF link

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

```
BE    =    349.738 (-0.322) MeV
Qbeta+ =    13.619 ( 0.333) MeV
```

	Energy T	J+	J-	J-other	T1/2

```
--------------------------------------------------------------------------------------
S-2p  = -0.046 (-0.326)---------------------------------------------------------------
 46FE   1 |  0.000    0+   |                      |                      1  13.0 MS   20


S-p   =   1.123 (-0.450)--------------------------------------------------------------
S-n   =  21.283 (-0.420)--------------------------------------------------------------
S-2p  = -0.046 (-0.326)--------------------------------------------------------------
S-2n  =   0.000 (-0.000)--------------------------------------------------------------
S-alpha=  8.290 (-0.436)--------------------------------------------------------------

S+p      =    2.126 (-0.691)
S+n      = -16.392 (-0.609)
S+2p     =    2.410 (-0.539)
S+2n     = -35.353 (-0.335)
S+alpha  =  -7.066 (-0.595)

gap p     =    3.249 ( 0.825)
gap n     =    4.891 ( 0.740)
gap 2p    =    2.364 ( 0.630)
gap 2n    =    0.000 ( 0.000)
gap alpha =    1.224 ( 0.737)
```