

^{49}Fe $Z = 26$ $N = 23$ adopted link ENSDF link

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

BE = 399.904 (0.024) MeV

Qbeta+ = 12.869 (0.024) MeV

	Energy T	J+	J-	J-other	T1/2
49FE 1				0.000 (3/ (7/2-))	1 64.7 MS 3
49FE 2				0.090	2
49FE 3				0.153	3

S-p = 2.743 (0.025)-----
 S-n = 14.813 (0.095)-----
 S-2p = 4.766 (0.025)-----
 S-2n = 33.774 (0.518)-----
 S-alpha= 7.661 (0.043)-----

S+p = -0.128 (0.128)
 S+n = -17.797 (0.026)
 S+2p = -1.466 (0.511)
 S+2n = -31.581 (0.024)
 S+alpha = -7.305 (0.035)

gap p = 2.615 (0.131)
 gap n = -2.984 (0.099)
 gap 2p = 3.300 (0.511)
 gap 2n = 2.193 (0.518)
 gap alpha = 0.356 (0.055)