^{49}Fe $Z = 26$ $N = 23$ link to full NNDC output

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

BE = 399.904 (0.024) MeV
Qbeta+ = 12.870 (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 = 0.000 (0.000)
S-2p = 4.766 (0.025)
S-2n = 0.000 (0.000)
S-alpha= 7.661 (0.043)

S+p = 0.000 (0.000)
S+n = -17.797 (0.026)
S+2p = 0.000 (0.000)
S+2n = -31.594 (0.026)
S+alpha = -7.305 (0.035)

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 = 0.356 (0.055)