

^{60}Fe $Z = 26$ $N = 34$ [link to full NNDC output](#)

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

BE = 525.351 (0.003) MeV

Qbeta- = 0.237 (0.003) MeV

	Energy T	J+		J-		J-other		T1/2
60FE 1	0.000	0+						1 2.62E+6 Y 4
60FE 2	0.824	2+						2 7.9 PS 8
60FE 3	1.974	0+						3
60FE 4	2.115	4+						4 0.83 PS 21
60FE 5						2.300		5
60FE 6	2.356	0+						6
60FE 7	2.673	2+						7
60FE 8	2.756	2+						8
60FE 9						2.793	3+,4+	9
60FE 10	3.039	2+						10
60FE 11	3.072	4+						11
60FE 12						3.194		12
60FE 13			3.293	3-				13
60FE 14						3.308		14
60FE 15						3.353		15
60FE 16						3.486		16
60FE 17						3.499	(4+)	17
60FE 18						3.516	(5-)	18 49 PS 21
60FE 19						3.520	(4+)	19
60FE 20	3.520	6+						20
60FE 21						3.562	(3-)	21
60FE 22						3.582	(6+)	22
60FE 23	3.635	2+						23
60FE 24						3.648		24
60FE 25	3.698	0+						25
60FE 26						3.714		26
60FE 27			3.867	3-				27
60FE 28						3.875		28
60FE 29						3.905	(6+)	29
60FE 30	3.930	2+						30
60FE 31	3.932	6+						31
60FE 32						3.958	6(-)	32 0.4 PS GT
60FE 33						3.959	(7+)	33
60FE 34			4.053	3-				34
60FE 35	4.176	2+						35
60FE 36			4.280	3-				36
60FE 37						4.296	7(-)	37 0.4 PS GT

60FE 38						4.298			38	
60FE 39						4.358	7(-)		39	
60FE 40				4.359	5-				40	

60FE 41				4.440	3-				41	
60FE 42		4.451	6+						42	
60FE 43		4.503	4+						43	
60FE 44		4.650	2+						44	
60FE 45						4.755	(3-)		45	
60FE 46		4.958	4+						46	
60FE 47						5.006	8(-)		47	
60FE 48		5.029	4+						48	
60FE 49		5.103	2+						49	
60FE 50				5.218	3-				50	

60FE 51						5.310	(5-)		51	
60FE 52		5.333	8+						52	
60FE 53						5.434			53	
60FE 54						5.529	9(-)		54	
60FE 55		5.550	8+						55	
60FE 56						5.596			56	
60FE 57						5.620	(7-)		57	
60FE 58				5.755	9-				58	
60FE 59						6.315			59	
60FE 60		6.475	10+						60	

60FE 61						6.550	10(-)		61	
60FE 62						6.579			62	
60FE 63						6.620	(8+,6+)		63	
60FE 64						6.740	(9,10)		64	
60FE 65						6.944			65	
60FE 66						7.003			66	
60FE 67						7.243			67	
60FE 68						7.250	11(-)		68	
60FE 69						7.632	11(-)		69	
60FE 70						7.665			70	

60FE 71						7.890	11		71	
60FE 72		8.059	12+						72	
60FE 73						8.536	12(-)		73	
S-alpha=		8.553	(0.003)	-----						
S-n		8.820	(0.003)	-----						
60FE 74						8.920			74	
60FE 75						8.974			75	
60FE 76						9.503	(13-)		76	
60FE 77						9.559	13		77	
60FE 78		9.996	14+						78	
60FE 79						10.670			79	
60FE 80						10.721	(14-)		80	

60FE	81				11.811	15	81
60FE	82				12.116	(15-)	82
60FE	83				12.319	(16+)	83
60FE	84				12.833	(16-)	84
S-p	=	13.177	(0.004)	-----			
60FE	85				14.583	(17-)	85
60FE	86				14.985	(18+)	86
S-2n	=	15.401	(0.003)	-----			
60FE	87				17.956	(20+)	87

S-p = 13.177 (0.004)-----
S-n = 8.820 (0.003)-----
S-2p = 23.999 (0.004)-----
S-2n = 15.401 (0.003)-----
S-alpha= 8.553 (0.003)-----

S+p = -8.774 (0.004)
S+n = -5.579 (0.004)
S+2p = -19.911 (0.003)
S+2n = -13.608 (0.004)
S+alpha = -8.111 (0.003)

gap p = 4.403 (0.005)
gap n = 3.241 (0.006)
gap 2p = 4.088 (0.005)
gap 2n = 1.793 (0.006)
gap alpha = 0.442 (0.005)