

^{60}Fe $Z = 26$ $N = 34$ adopted link ENSDF link

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

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+ | | | | | | 0.8 PS | +13-4 | |
| 60FE 49 | | 5.103 | 2+ | | | | | | | 48 | |
| 60FE 50 | | | | 5.218 | 3- | | | | | 49 | |
| ----- | | | | | | | | | | | |
| 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 | |
| ----- | | | | | | | | | | | |
| S-p | | 13.177 | (0.004) | ----- | | | | | | | |

S-n = 8.820 (0.003)-----
S-2p = 23.999 (0.005)-----
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 (0.005)
gap 2p = 4.088 (0.006)
gap 2n = 1.793 (0.006)
gap alpha = 0.442 (0.005)