

$^{68}\text{Fe}$        $Z = 26$        $N = 42$       [link to full NNDC output](#)

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

BE = 571.995 ( 0.365) MeV

Qbeta- = 8.444 ( 0.411) MeV

	Energy T	J+	J-	J-other	T1/2
68FE 1	0.000	0+			1 188 MS 4
68FE 2				0.522 (2+)	2
68FE 3				1.389 (4+)	3

S-p = 0.000 ( 0.000)-----  
 S-n = 5.948 ( 0.454)-----  
 S-2p = 0.000 ( 0.000)-----  
 S-2n = 9.562 ( 0.365)-----  
 S-alpha= 12.432 ( 0.572)-----

S+p = -14.081 ( 0.391)  
 S+n = 0.000 ( 0.000)  
 S+2p = -30.305 ( 0.365)  
 S+2n = 0.000 ( 0.000)  
 S+alpha = -13.164 ( 0.365)

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 = -0.732 ( 0.678)