

^{68}Fe $Z = 26$ $N = 42$ adopted link ENSDF link

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

BE = 572.424 (-0.204) MeV

Qbeta- = 7.727 (0.204) 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 = 17.597 (-0.286)-----
 S-n = 6.278 (-0.204)-----
 S-2p = 33.336 (-0.388)-----
 S-2n = 9.990 (-0.204)-----
 S-alpha= 12.700 (-0.363)-----

S+p = -13.759 (-0.221)
 S+n = -3.381 (-0.291)
 S+2p = -29.876 (-0.204)
 S+2n = -9.136 (-0.346)
 S+alpha = -12.736 (-0.204)

gap p = 3.838 (0.362)
 gap n = 2.897 (0.355)
 gap 2p = 3.460 (0.438)
 gap 2n = 0.854 (0.402)
 gap alpha = -0.035 (0.416)