

^{69}Fe $Z = 26$ $N = 43$ adopted link ENSDF link

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

BE = 575.805 (-0.207) MeV

Qbeta- = 11.160 (0.224) MeV

	Energy T	J+	J-	J-other	T1/2
69FE	1			0.000	1 110 MS 5

S-p = 17.593 (-0.342)-----

S-n = 3.381 (-0.291)-----

S-2p = 34.512 (-0.452)-----

S-2n = 9.659 (-0.207)-----

S-alpha= 13.339 (-0.284)-----

S+p = -14.589 (-0.207)

S+n = -5.755 (-0.348)

S+2p = -30.759 (-0.207)

S+2n = -8.880 (-0.474)

S+alpha = -13.308 (-0.207)

gap p = 3.004 (0.400)

gap n = -2.374 (0.454)

gap 2p = 3.753 (0.497)

gap 2n = 0.779 (0.517)

gap alpha = 0.031 (0.352)