

^{70}Fe $Z = 26$ $N = 44$ adopted link ENSDF link

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

BE = 581.560 (-0.280) MeV

Qbeta- = 9.616 (0.280) MeV

	Energy T	J+	J-	J-other	T1/2
70FE 1	0.000	0+			1 65 MS 6
70FE 2				0.480 (2+)	2
70FE 3				1.346 (4+)	3

S-p = 18.865 (-0.500)-----
 S-n = 5.755 (-0.348)-----
 S-2p = 35.792 (-0.552)-----
 S-2n = 9.136 (-0.346)-----
 S-alpha= 14.176 (-0.433)-----

S+p = -14.750 (-0.543)
 S+n = -3.125 (-0.510)
 S+2p = -31.895 (-0.280)
 S+2n = -8.480 (-0.577)
 S+alpha = -14.186 (-0.357)

gap p = 4.115 (0.738)
 gap n = 2.630 (0.617)
 gap 2p = 3.897 (0.619)
 gap 2n = 0.656 (0.673)
 gap alpha = -0.010 (0.561)