

$^{72}\text{Fe}$        $Z = 26$        $N = 46$       adopted link    ENSDF link

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

BE      =    590.040 (-0.504) MeV  
Qbeta- =    11.078 ( 0.580) MeV

	Energy	T	J+	J-	J-other	T1/2
72FE	1		0.000	0+		1 150 NS GE
S-p	=	19.910	(-0.708)	-----		
S-n	=	5.355	(-0.660)	-----		
S-2p	=	38.160	(-0.807)	-----		
S-2n	=	8.480	(-0.577)	-----		
S+alpha	=	15.976	(-0.693)	-----		
S+p	=	-16.006	(-0.582)			
S+n	=	-2.793	(-0.718)			
S+2p	=	-34.002	(-0.551)			
S+2n	=	-7.584	(-0.723)			
S+alpha	=	-15.352	(-0.589)			
gap p	=	3.904	( 0.917)			
gap n	=	2.562	( 0.975)			
gap 2p	=	4.158	( 0.977)			
gap 2n	=	0.896	( 0.925)			
gap alpha	=	0.624	( 0.909)			