

$^{68}\text{Co}$        $Z = 27$        $N = 41$       [link to full NNDC output](#)

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

BE = 579.657 ( 0.190) MeV

Qbeta- = 11.533 ( 0.190) MeV

	Energy T	J+	J-	J-other	T1/2
68CO 1				0.000 (7-)	1 0.20 S 2
68CO 2				0.0+X	2 1.6 S 3
68CO 3				45.0+X	3
68CO 4				48.4+Y	4 101 NS 10
68CO 5				206.7+X	5
68CO 6				390.7+X	6
68CO 7				417.6+X	7
68CO 8				564.9+X	8
68CO 9				694.3+X	9
68CO 10				973.0+X	10
68CO 11				1021.0+X	11
68CO 12				1274.0+X	12
68CO 13				1412.7+X	13
68CO 14				1591.1+X	14
68CO 15				1816.5+X	15

S-p = 13.609 ( 0.330)-----  
 S-n = 4.680 ( 0.190)-----  
 S-2p = 29.758 ( 0.190)-----  
 S-2n = 11.665 ( 0.190)-----  
 S-alpha= 11.367 ( 0.190)-----

S+p = -15.337 ( 0.190)  
 S+n = -6.420 ( 0.236)  
 S+2p = -25.624 ( 0.190)  
 S+2n = 0.000 ( 0.000)  
 S+alpha = -10.277 ( 0.190)

gap p = -1.727 ( 0.381)  
 gap n = -1.740 ( 0.303)  
 gap 2p = 4.134 ( 0.268)  
 gap 2n = 0.000 ( 0.000)  
 gap alpha = 1.089 ( 0.268)