

^{68}Co $Z = 27$ $N = 41$ adopted link ENSDF link

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

BE = 579.369 (0.004) MeV

Qbeta- = 11.821 (0.005) MeV

	Energy T	J+	J-	J-other	T1/2
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68CO	1			0.000 (7-)	1 0.20 S 2

S-p = 13.223 (0.005)-----

S-n = 4.392 (0.008)-----

S-2p = 29.470 (0.012)-----

S-2n = 11.377 (0.014)-----

S-alpha= 11.078 (0.005)-----

S+p = -15.625 (0.005)

S+n = -6.814 (0.086)

S+2p = -25.912 (0.004)

S+2n = -11.025 (0.012)

S+alpha = -10.565 (0.004)

gap p = -2.402 (0.008)

gap n = -2.422 (0.086)

gap 2p = 3.558 (0.012)

gap 2n = 0.352 (0.019)

gap alpha = 0.513 (0.007)