

^{69}Co $Z = 27$ $N = 42$ [link to full NNDC output](#)

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

BE = 586.077 (0.140) MeV

Qbeta- = 9.700 (0.141) MeV

	Energy T	J+	J-	J-other	T1/2
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69CO 1				0.000 (7/2-)	1 227 MS 11

S-p = 14.081 (0.391)-----

S-n = 6.420 (0.236)-----

S-2p = 0.000 (0.000)-----

S-2n = 11.100 (0.141)-----

S-alpha= 11.737 (0.141)-----

S+p = -16.224 (0.141)

S+n = 0.000 (0.000)

S+2p = -27.010 (0.140)

S+2n = -10.233 (0.486)

S+alpha = -11.133 (0.140)

gap p = -2.143 (0.416)

gap n = 0.000 (0.000)

gap 2p = 0.000 (0.000)

gap 2n = 0.867 (0.506)

gap alpha = 0.604 (0.199)