

$^{69}\text{Co}$        $Z = 27$        $N = 42$       adopted link      ENSDF link

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

BE = 586.183 ( 0.086) MeV

Qbeta- = 9.593 ( 0.086) MeV

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

S-p = 13.759 ( 0.221)-----

S-n = 6.814 ( 0.086)-----

S-2p = 31.356 ( 0.219)-----

S-2n = 11.206 ( 0.086)-----

S-alpha= 11.843 ( 0.086)-----

S+p = -16.117 ( 0.086)

S+n = -4.211 ( 0.086)

S+2p = -26.904 ( 0.086)

S+2n = -10.127 ( 0.473)

S+alpha = -11.027 ( 0.086)

gap p = -2.358 ( 0.237)

gap n = 2.603 ( 0.122)

gap 2p = 4.452 ( 0.235)

gap 2n = 1.079 ( 0.481)

gap alpha = 0.816 ( 0.121)