

$^{74}\text{Co}$        $Z = 27$        $N = 47$       adopted link      ENSDF link

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

BE = 609.686 (-0.370) MeV

Qbeta- = 15.138 ( 0.431) MeV

	Energy T	J+	J-	J-other	T1/2
74CO	1			0.000	1 31.3 MS 15

S-p = 16.853 (-0.631)-----  
 S-n = 3.640 (-0.471)-----  
 S-2p = 36.926 (-0.685)-----  
 S-2n = 9.350 (-0.469)-----  
 S-alpha= 15.510 (-0.614)-----

S+p = -17.989 (-0.433)  
 S+n = -5.089 (-0.527)  
 S+2p = -32.028 (-0.370)  
 S+2n = -8.270 (-0.648)  
 S+alpha = -13.683 (-0.370)

gap p = -1.136 ( 0.765)  
 gap n = -1.449 ( 0.707)  
 gap 2p = 4.898 ( 0.778)  
 gap 2n = 1.080 ( 0.800)  
 gap alpha = 1.828 ( 0.717)