

$^{74}\text{Co}$        $Z = 27$        $N = 47$       [link to full NNDC output](#)

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

BE      =      0.000 ( 0.000) MeV

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