

$^{68}\text{Cu}$        $Z = 29$        $N = 39$       adopted link      ENSDF link

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

BE = 591.729 ( 0.002) MeV

Qbeta- = 4.440 ( 0.002) MeV

	Energy T	J+	J-	J-other	T1/2
68CU 1	0.000	1+			1 30.9 S 6
68CU 2	0.084	2+			2 7.84 NS 8
68CU 3	0.611	3+			3 40 PS LT
68CU 4			0.721 6-		4 3.75 M 5
68CU 5				0.777 (3-)	5 2.4 NS 17
68CU 6				0.864	6
68CU 7			0.956 4-		7
68CU 8				1.042	8
68CU 9				1.145	9
68CU 10				1.350 (5-)	10
68CU 11				1.586	11
68CU 12				1.631	12
68CU 13				1.723	13
68CU 14				1.829	14
68CU 15				1.870	15
68CU 16				1.908	16
68CU 17				2.014	17
68CU 18				2.098	18
68CU 19				2.211	19
68CU 20				2.364	20

S-p = 9.113 ( 0.003)-----  
 S-n = 6.319 ( 0.002)-----  
 S-2p = 23.736 ( 0.014)-----  
 S-2n = 15.451 ( 0.002)-----  
 S-alpha= 8.200 ( 0.020)-----

S+p = -10.140 ( 0.002)  
 S+n = -8.240 ( 0.002)  
 S+2p = -17.921 ( 0.002)  
 S+2n = -13.552 ( 0.002)  
 S+alpha = -5.446 ( 0.002)

gap p = -1.027 ( 0.004)  
 gap n = -1.922 ( 0.003)  
 gap 2p = 5.815 ( 0.014)  
 gap 2n = 1.900 ( 0.003)

gap alpha = 2.753 ( 0.020)