

$^{56}\text{Zn}$        $Z = 30$        $N = 26$       adopted link      ENSDF link

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

BE = 453.936 (-0.392) MeV

Qbeta+ = 13.217 ( 0.392) MeV

	Energy T	J+	J-	J-other	T1/2
56ZN 1	0.000	0+			1 30.0 MS 17
56ZN 2	0.000	0+			2 30.0 MS 17

S-p = 1.066 (-0.422)-----  
 S-n = 19.216 (-0.549)-----  
 S-2p = 0.712 (-0.392)-----  
 S-2n = 35.868 (-0.448)-----  
 S-alpha= 5.278 (-0.401)-----

S+p = 2.724 (-0.559)  
 S+n = -15.231 (-0.453)  
 S+2p = 3.276 (-0.653)  
 S+2n = -33.029 (-0.395)  
 S+alpha = -4.548 (-0.494)

gap p = 3.790 ( 0.701)  
 gap n = 3.985 ( 0.712)  
 gap 2p = 3.988 ( 0.761)  
 gap 2n = 2.839 ( 0.597)  
 gap alpha = 0.729 ( 0.636)