

^{68}Ge $Z = 32$ $N = 36$ [link to full NNDC output](#)

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

BE = 590.793 (0.002) MeV

Qbeta+ = 0.107 (0.002) MeV

	Energy T	J+	J-	J-other	T1/2
68GE 1	0.000	0+			1 270.93 D 13
68GE 2	1.016	2+			2 2.08 PS 11
68GE 3	1.755	0+			3
68GE 4	1.777	2+			4 1.80 PS 14
68GE 5	2.268	4+			5 0.87 PS 10
68GE 6	2.429	3+			6 2.1 PS 7
68GE 7	2.457	2+			7 1.3 PS 4
68GE 8	2.617	0+			8
68GE 9			2.649	3-	9 2.1 PS +14-7
68GE 10	2.832	4+			10 0.8 PS +7-3
68GE 11				2.900 (4-)	11
68GE 12	2.947	2+			12
68GE 13	3.023	2+			13
68GE 14				3.041 (4)+	14
68GE 15				3.062 (3-)	15
68GE 16				3.088 2(+)	16
68GE 17	3.182	4+			17
68GE 18	3.204	0+			18
68GE 19				3.288 2(+)	19
S-alpha=	3.400 (0.002)				
68GE 20	3.400	2+			20
68GE 21				3.417	21
68GE 22				3.475	22
68GE 23	3.476	0+			23
68GE 24			3.510	4-	24
68GE 25	3.522	2+			25
68GE 26			3.582	5-	26 1.2 PS 4
68GE 27	3.604	4+			27
68GE 28			3.649	5-	28 0.4 PS +3-1
68GE 29	3.675	5+			29
68GE 30	3.696	6+			30 0.49 PS 14
68GE 31				3.735 (2+)	31
68GE 32	3.809	2+			32
68GE 33			3.883	6-	33 132 PS 35
68GE 34	4.021	4+			34
68GE 35				4.037 (2+)	35
68GE 36			4.054	7-	36 118 PS 21

68GE	37	4.078	0+							37		
68GE	38	4.144	6+							38		
68GE	39					4.239	(2+)			39		
68GE	40	4.322	2+							40		

68GE	41	4.358	0+							41		
68GE	42			4.454	7-					42	0.97 PS	21
68GE	43					4.568	(2+)			43		
68GE	44					4.614	(3-)			44		
68GE	45			4.659	7-					45	0.3 PS	1
68GE	46	4.736	0+							46		
68GE	47	4.789	0+							47		
68GE	48	4.837	8+							48	1.04 PS	21
68GE	49					4.857				49		
68GE	50					4.878				50		

68GE	51			4.957	8-					51	0.9 PS	+4-2
68GE	52					4.999				52	0.35 PS	GT
68GE	53	5.050	8+							53	0.49 PS	+21-14
68GE	54					5.074				54		
68GE	55					5.149	(8-)			55	1.2 PS	3
68GE	56					5.217				56		
68GE	57	5.267	7+							57		
68GE	58			5.330	9-					58	0.69 PS	+21-14
68GE	59	5.366	8+							59	0.83 PS	+28-21
68GE	60					5.560				60		

68GE	61			5.678	9-					61	0.5 PS	2
68GE	62			5.822	9-					62	0.8 PS	4
68GE	63	5.874	9+							63	1.5 PS	+10-6
68GE	64	5.961	10+							64	0.76 PS	+21-14
68GE	65	6.215	10+							65	0.7 PS	LT
68GE	66					6.300	(8+)			66		
68GE	67			6.420	10-					67		
68GE	68					6.557	(10)-			68		
68GE	69	6.596	10+							69		
68GE	70	6.664	10+							70		

68GE	71					6.671				71		
68GE	72					6.960	(6+)			72		
68GE	73			7.045	11-					73	1.0 PS	+4-3
68GE	74			7.145	11-					74		
68GE	75					7.242	(10+)			75	0.7 PS	+7-4
68GE	76			7.251	11-					76		
68GE	77					7.320	(12+)			77		
68GE	78	7.371	12+							78	0.7 PS	+14-3
S-p	=	7.389	(0.002)									
68GE	79					7.496	(11-)			79		
68GE	80	7.517	12+							80		

68GE 81		7.532	12+						81
68GE 82		7.559	12+						82 0.8 PS +6-4
68GE 83		7.762	12+						83
68GE 84							7.881		84
68GE 85		8.043	13+						85
68GE 86					8.172		13-		86
68GE 87							8.622		87
68GE 88		8.661	14+						88
68GE 89							8.663		89
68GE 90							8.781		90

68GE 91					8.790		15-		91
68GE 92					8.868		14-		92
68GE 93							8.931	(14+)	93
68GE 94		9.012	14+						94
68GE 95		9.113	14+						95
68GE 96		9.170	14+						96 0.4 PS 2
68GE 97							9.387	15(-)	97
68GE 98		9.419	14+						98
68GE 99							9.564	15(-)	99
68GE 100		9.606	15+						100

68GE 101							10.025		101
68GE 102							10.127	16(-)	102
68GE 103		10.218	16+						103
68GE 104							10.296	17(-)	104
68GE 105							10.493	16(-)	105
68GE 106		10.664	16+						106
68GE 107							10.666	17(-)	107
68GE 108							10.689		108
68GE 109		10.896	16+						109
68GE 110							10.897		110

68GE 111							10.927	17(-)	111
68GE 112		10.958	16+						112
68GE 113		10.988	16+						113
68GE 114		10.990	17+						114
68GE 115		10.990	16+						115
68GE 116		11.086	16+						116
68GE 117							11.406		117
68GE 118		11.417	16+						118
68GE 119							11.543	(17+)	119
68GE 120							11.793		120

68GE 121							11.794	(19-)	121
68GE 122							11.832	(20-)	122
68GE 123		11.994	18+						123
68GE 124							12.137	19(-)	124
68GE 125							12.165	(19-)	125
68GE 126		12.246	18+						126

68GE 127				12.262	(18-)	127
68GE 128				12.363	(19-)	128
S-n = 12.392 (0.005)-----						
68GE 129				12.502		129
68GE 130				12.536		130

68GE 131				12.642	(18+)	131
68GE 132				12.652	(18-)	132
S-2p = 12.658 (0.002)-----						
68GE 133		12.719	18+			133
68GE 134					12.779	134
68GE 135		12.817	19+			135
68GE 136					12.884	136
68GE 137					13.104	137
68GE 138					13.265	138
68GE 139					13.617	139
68GE 140					13.751	140

68GE 141		13.953	20+			141
68GE 142					13.991	142
68GE 143					14.085	(20-)
68GE 144		14.116	20+			144
68GE 145					14.361	145
68GE 146					14.402	21(-)
68GE 147					14.427	(21)
68GE 148					14.486	(21-)
68GE 149		14.505	21+			149
68GE 150					14.560	(21)

68GE 151		15.563	22+			151
68GE 152		15.835	22+			152
68GE 153					16.131	22(-)
68GE 154		16.734	23+			154
68GE 155					17.361	155
68GE 156					17.496	23(-)
68GE 157		18.022	24+			157
68GE 158					18.132	24(-)
68GE 159					18.274	159
68GE 160		19.785	25+			160

68GE 161					X	161
68GE 162					1575.0+X	162
68GE 163					1620.0+X	163
68GE 164					3425.0+X	164
68GE 165					5440.1+X	165
68GE 166					7677.1+X	166
68GE 167					10126.2+X	167
68GE 168					12815.2+X	168

S-p = 7.389 (0.002)-----
S-n = 12.392 (0.005)-----
S-2p = 12.658 (0.002)-----
S-2n = 21.514 (0.003)-----
S-alpha= 3.400 (0.002)-----

S+p = -3.422 (0.032)
S+n = -8.193 (0.002)
S+2p = -9.529 (0.002)
S+2n = -19.726 (0.002)
S+alpha = -3.314 (0.003)

gap p = 3.966 (0.032)
gap n = 4.199 (0.006)
gap 2p = 3.129 (0.003)
gap 2n = 1.789 (0.004)
gap alpha = 0.085 (0.003)