^{86}Zr $Z = 40$ $N = 46$ adopted link ENSDF link

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

BE = 740.809 (0.004) MeV
Qbeta+ = 1.314 (0.015) MeV

	Energy	T	J+		J-		J-other		T1/2	
86ZR 1	0.000		0+					1	16.5 H	1
86ZR 2	0.752		2+					2	7.5 PS	14
86ZR 3					1.422	(2+)		3		
86ZR 4	1.667		4+					4	5.4 PS	24
86ZR 5					2.042	(0+:4+)		5		
86ZR 6					2.344	(4+,3-)		6		
86ZR 7					2.566			7		
86ZR 8	2.670		6+					8	8.5 PS	34
86ZR 9					2.705			9		
86ZR 10					2.706	(5-)		10	6.7 PS	12
86ZR 11					3.017	(5-)		11	15 PS	LT
86ZR 12					3.029			12		
86ZR 13					3.030	(5+,6+)		13		
86ZR 14					3.254	(4+,5,6+)		14		
86ZR 15					3.272	(6-)		15		
86ZR 16	3.298		8+					16	46 PS	6
86ZR 17					3.418	(4+,5,6+)		17		
86ZR 18					3.423	(7-)		18	6.8 PS	15
86ZR 19	3.533		8+					19	3.3 PS	7
86ZR 20					3.646	(7-)		20	7 PS	LT
86ZR 21					3.793	(7)		21		
86ZR 22					4.134	(8-)		22		
86ZR 23	4.326		10+					23	2.1 PS	4
S-alpha= 4.384 (0.007)										
86ZR 24	4.419		10+					24	9 PS	3
86ZR 25					4.429	(9-)		25	7.6 PS	14
86ZR 26					4.637	(9-)		26		
86ZR 27					4.697	(9-)		27		
86ZR 28					5.067	(10-)		28		
86ZR 29					5.234	(11-)		29	12 PS	6
86ZR 30					5.389	(11-)		30	2.8 PS	7
86ZR 31					5.396	(12+)		31	2.6 PS	6
86ZR 32					5.524	(12+)		32	0.34 PS	+10-7
86ZR 33					5.647			33		
86ZR 34					5.975	(12-)		34	1.5 PS	LT
86ZR 35					6.232	(13-)		35	4.2 PS	7
86ZR 36					6.286	(13+)		36	0.55 PS	+12-13

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 86ZR  37 |                |                |   6.321     (14+)           37  5.2 PS      6
 86ZR  38 |                |                |   6.340     (13-)           38
 86ZR  39 |                |                |   6.462     (13-)           39
 86ZR  40 |                |                |   6.752     (14+)           40    0.31 PS  6
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 86ZR  41 |                |                |   6.794     (14+)           41
 86ZR  42 |                |                |   7.015     (15+)           42  0.40 PS   8
 86ZR  43 |                |                |   7.061     (14-)           43
 86ZR  44 |                |                |   7.345     (15-)           44
 86ZR  45 |                |                |   7.396     (16+)           45  0.33 PS   +6-4
S-p    =   7.416 ( 0.019)-------------------------------------------------------------------------
 86ZR  46 |                |                |   7.470     (15-)           46  0.64 PS   +17-12
 86ZR  47 |                |                |   7.640     (15-)           47  1.23 PS   +19-12
 86ZR  48 |                |                |   7.954     (16+)           48  0.53 PS   +15-9
 86ZR  49 |                |                |   8.145     (16+)           49  0.19 PS   +8-5
 86ZR  50 |                |                |   8.212     (16-)           50  0.22 PS   +5-4
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 86ZR  51 |                |                |   8.249     (17+)           51  0.194 PS  21
 86ZR  52 |                |                |   8.575     (17-)           52  0.67 PS   +6-5
 86ZR  53 |                |                |   8.650     (18+)           53  0.201 PS  14
 86ZR  54 |                |                |   8.671     (17-)           54
 86ZR  55 |                |                |   9.373     (18-)           55  0.33 PS   +11-8
 86ZR  56 |                |                |   9.533     (18-)           56  0.34 PS   +17-9
 86ZR  57 |                |                |   9.653     (18+)           57  0.37 PS   +9-8
 86ZR  58 |                |                |   9.880     (19-)           58  0.17 PS   +4-3
 86ZR  59 |                |                |   9.892     (19+)           59  0.229 PS  +28-21


S-p    =   7.416 ( 0.019)-------------------------------------------------------------------------
S-n    =  12.865 ( 0.007)-------------------------------------------------------------------------
S-2p   =  11.897 ( 0.004)-------------------------------------------------------------------------
S-2n   =  22.690 ( 0.007)-------------------------------------------------------------------------
S-alpha=   4.384 ( 0.007)-------------------------------------------------------------------------

S+p       =  -3.194 ( 0.008)
S+n       =  -9.449 ( 0.005)
S+2p      =  -9.295 ( 0.005)
S+2n      = -21.802 ( 0.006)
S+alpha   =  -4.628 ( 0.005)

gap p     =   4.221 ( 0.021)
gap n     =   3.416 ( 0.009)
gap 2p    =   2.602 ( 0.006)
gap 2n    =   0.887 ( 0.009)
gap alpha =  -0.244 ( 0.009)
```