

$^{100}\text{Tc}$        $Z = 43$        $N = 57$       adopted link      ENSDF link

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

BE      =      859.512 ( 0.001) MeV  
 Qbeta- =      3.206 ( 0.001) MeV  
 Qbeta+ =      0.172 ( 0.001) MeV

	Energy T	J+	J-	J-other	T1/2
100TC 1	0.000	1+			1 15.65 S 12
100TC 2	0.172	2+			2 3 NS LT
100TC 3				0.201 (4)+	3 8.25 US 8
100TC 4				0.223 (2)-	4 3 NS LT
100TC 5				0.244 (6)+	5 3.2 US 2
100TC 6				0.264 (3)+	6 3 NS LT
100TC 7				0.288 (5)+	7 3 NS LT
100TC 8				0.295 (4)+	8 0.87 NS 14
100TC 9				0.300 (2,3)+	9 3 NS LT
100TC 10				0.319 (5)+	10
100TC 11				0.335 (2,3)+	11 3 NS LT
100TC 12				0.341 (3)+	12
100TC 13				0.356 (2,3)+	13 3 NS LT
100TC 14				0.401 (5)+	14
100TC 15				0.424 (3,4+)	15
100TC 16				0.440 (7)+	16 0.28 NS LT
100TC 17				0.454 (4,5)+	17
100TC 18				0.457 (2+,3,4-)	18
100TC 19				0.457 (7)+	19 0.28 NS LT
100TC 20				0.459 (0,1,2,3+)	20
100TC 21				0.461 (5)+	21
100TC 22				0.476 (LE 3)	22
100TC 23				0.484 (LE 3)	23
100TC 24				0.494 4+,5+	24
100TC 25				0.500 (2,3)-	25
100TC 26				0.500 (4)-	26
100TC 27				0.514 (3:6)+	27
100TC 28				0.521	28
100TC 29				0.540 (4-,5-)	29
100TC 30				0.545 (6)-	30 0.43 NS 10
100TC 31				0.552 4+,5+	31
100TC 32				0.580 (3,4,5)+	32
100TC 33				0.600 (2:7)+	33
100TC 34				0.609 (7)-	34 0.28 NS LT
100TC 35				0.636 (3,4,5)+	35
100TC 36				0.640 (3)+	36

100TC 37						0.680	(4,5,6)-	37	
100TC 38						0.689	(2)-	38	
100TC 39						0.689	(4+,5+)	39	
100TC 40						0.708	(8)-	40	0.28 NS LT
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100TC 41						0.709	4+,5+	41	
100TC 42						0.711	(8)+	42	0.28 NS LT
100TC 43						0.748	4+,5+	43	
100TC 44						0.759		44	
100TC 45						0.776	4+,5+	45	
100TC 46						0.778	(9)-	46	0.28 NS LT
100TC 47						0.822	(3,4,5)	47	
100TC 48						0.830	(2,3)+	48	
100TC 49		0.838	1+					49	
100TC 50						0.854	(2:7)+	50	
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100TC 51						0.882	(2:7)+	51	
100TC 52						0.906	(1+,2,3+)	52	
100TC 53						0.930	(3,4,5)+	53	
100TC 54						0.953	(2:7)+	54	
100TC 55						0.972	(2:7)+	55	
100TC 56						1.000	4+,5+	56	
100TC 57						1.051	(2+,3,4)	57	
100TC 58						1.075	(8-)	58	
100TC 59						1.155	(10)-	59	0.28 NS LT
100TC 60						1.285	(9)+	60	
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100TC 61		1.339	1+					61	
100TC 62						1.407	(11)-	62	0.28 NS LT
100TC 63		1.416	1+					63	
100TC 64						1.582	(10-)	64	
100TC 65						1.721	(10+)	65	
100TC 66						1.840	(12)-	66	0.28 NS LT
100TC 67						2.053	(11-)	67	
100TC 68						2.152	(1+)	68	
100TC 69						2.175	(11+)	69	
100TC 70						2.239	(13)-	70	0.28 NS LT
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100TC 71						2.318	(1+)	71	
100TC 72						2.392	(12-)	72	
100TC 73						2.435	(1+)	73	
100TC 74		2.565	1+					74	
100TC 75						2.611	(1+)	75	
100TC 76						2.683	(1+)	76	
100TC 77						2.694	(14-)	77	0.28 NS LT
100TC 78						2.696	(12+)	78	
100TC 79						2.798	(13-)	79	
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S-alpha=		2.843	( 0.001)	-----					
100TC 80		2.949	1+					80	
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100TC	81				3.076	(13+)	81
100TC	82				3.233	(15-)	82
100TC	83				3.250	(1+)	83
100TC	84				3.269	(14-)	84
100TC	85				3.690	(15-)	85
100TC	86				3.710	(16-)	86
100TC	87				3.750	(1)+	87
100TC	88				4.358	(17-)	88
S-n	=	6.764	( 0.002)	-----			
100TC	89				6.765	4+,5+	89
S-p	=	7.340	( 0.001)	-----			
100TC	90				8.000		90
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S-p = 7.340 ( 0.001)-----  
S-n = 6.764 ( 0.002)-----  
S-2p = 17.074 ( 0.005)-----  
S-2n = 15.731 ( 0.004)-----  
S-alpha= 2.843 ( 0.001)-----

S+p = -9.226 ( 0.001)  
S+n = -8.395 ( 0.024)  
S+2p = -15.340 ( 0.007)  
S+2n = -14.695 ( 0.009)  
S+alpha = -3.363 ( 0.003)

gap p = -1.886 ( 0.002)  
gap n = -1.631 ( 0.024)  
gap 2p = 1.734 ( 0.008)  
gap 2n = 1.037 ( 0.010)  
gap alpha = -0.520 ( 0.003)