

^{119}Ru $Z = 44$ $N = 75$ adopted link ENSDF link

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

BE = 978.180 (-0.357) MeV

Qbeta- = 10.706 (0.357) MeV

	Energy T	J+	J-	J-other	T1/2
119RU	1			0.000	1 69.5 MS 20
119RU	2			0.136	2
119RU	3			0.227	3 0.383 US +22-21
119RU	4			0.000	4

S-p = 16.126 (-0.503)-----
 S-n = 3.146 (-0.428)-----
 S-2p = 30.948 (-0.589)-----
 S-2n = 8.769 (-0.561)-----
 S-alpha= 9.989 (-0.496)-----

S+p = -13.740 (-0.430)
 S+n = -5.700 (-0.507)
 S+2p = -28.644 (-0.357)
 S+2n = -8.696 (-0.509)
 S+alpha = -10.738 (-0.866)

gap p = 2.386 (0.662)
 gap n = -2.554 (0.663)
 gap 2p = 2.304 (0.688)
 gap 2n = 0.073 (0.758)
 gap alpha = -0.749 (0.999)