

^{56}Ti $Z = 22$ $N = 34$ adopted link ENSDF link

Based on ensdf_240402 (Apr 2024), and mass evaluation from 2020

BE = 474.205 (0.100) MeV

Qbeta- = 6.760 (0.202) MeV

	Energy T	J+	J-	J-other	T1/2
56TI 1	0.000	0+			1 200 MS 5
56TI 2	1.129	2+			2 2.6 PS +13-7
56TI 3				1.880	3
56TI 4	2.288	(4+)			4
56TI 5	2.978	(6+)			5
56TI 6				4.210	6
56TI 7				4.474	7

S-p = 15.870 (0.118) -----
 S-n = 5.662 (0.104) -----
 S-2p = 28.840 (0.111) -----
 S-2n = 9.822 (0.101) -----
 S-alpha = 7.582 (0.100) -----

S+p = -12.301 (0.131)
 S+n = -3.050 (0.229)
 S+2p = -27.147 (0.100)
 S+2n = -7.637 (0.209)
 S+alpha = -9.910 (0.100)

gap p = 3.569 (0.177)
 gap n = 2.612 (0.252)
 gap 2p = 1.694 (0.150)
 gap 2n = 2.185 (0.232)
 gap alpha = -2.329 (0.142)