

^{69}Cr $Z = 24$ $N = 45$ adopted link ENSDF link

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

BE = 547.791 (-0.483) MeV

Qbeta- = 15.686 (0.636) MeV

	Energy T	J+	J-	J-other	T1/2
69CR 1				0.000	1 620 NS GT

S-p = 0.000 (-0.000) -----
 S-n = 2.023 (-0.678) -----
 S-2p = 0.000 (-0.000) -----
 S-2n = 6.498 (-0.628) -----
 S-alpha= 17.305 (-0.863) -----

S+p = -18.089 (-0.688)
 S+n = -4.089 (-0.794)
 S+2p = -36.894 (-0.644)
 S+2n = 0.000 (-0.000)
 S+alpha = -16.746 (-0.703)

gap p = 0.000 (0.000)
 gap n = -2.066 (1.044)
 gap 2p = 0.000 (0.000)
 gap 2n = 0.000 (0.000)
 gap alpha = 0.559 (1.113)