

^{68}Mn $Z = 25$ $N = 43$ adopted link ENSDF link

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

BE = 558.212 (-0.272) MeV

Qbeta- = 14.994 (0.340) MeV

	Energy T	J+	J-	J-other	T1/2
68MN	1			0.000 >3	1 28 MS 3

S-p = 16.919 (-0.485) -----
 S-n = 3.385 (-0.338) -----
 S-2p = 37.208 (-0.594) -----
 S-2n = 8.313 (-0.272) -----
 S-alpha= 15.036 (-0.471) -----

S+p = -17.593 (-0.342)
 S+n = -4.483 (-0.495)
 S+2p = -32.182 (-0.272)
 S+2n = -7.668 (-0.560)
 S+alpha = -13.828 (-0.396)

gap p = -0.674 (0.594)
 gap n = -1.098 (0.600)
 gap 2p = 5.026 (0.653)
 gap 2n = 0.645 (0.623)
 gap alpha = 1.208 (0.615)