

$^{74}\text{Fe}$        $Z = 26$        $N = 48$       adopted link      ENSDF link

Based on ensdf\_240402 (Apr 2024), and mass evaluation from 2020

BE = 597.624 (-0.518) MeV

Qbeta- = 12.844 ( 0.637) MeV

	Energy T	J+	J-	J-other	T1/2
74FE	1   0.000	0+			1 8.2 MS +26-71

S-p = 21.289 (-0.781) -----  
 S-n = 4.791 (-0.728) -----  
 S-2p = 0.000 (-0.000) -----  
 S-2n = 7.584 (-0.723) -----  
 S-alpha= 17.448 (-0.816) -----

S+p = -17.151 (-0.639)  
 S+n = -2.076 (-0.793)  
 S+2p = -36.064 (-0.601)  
 S+2n = -6.044 (-0.799)  
 S+alpha = -16.644 (-0.648)

gap p = 4.138 ( 1.009)  
 gap n = 2.715 ( 1.076)  
 gap 2p = 0.000 ( 0.000)  
 gap 2n = 1.540 ( 1.077)  
 gap alpha = 0.804 ( 1.042)